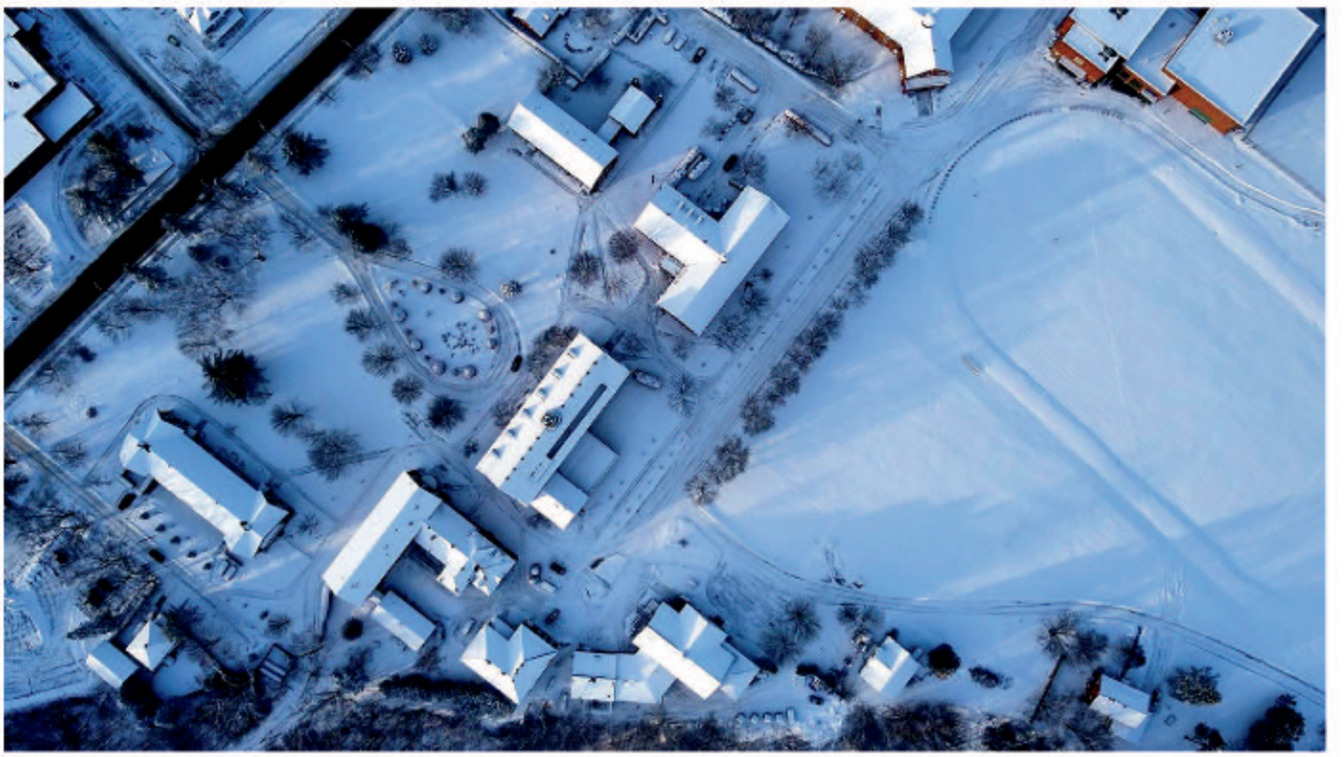
SPECTRUM

2022

SPECTRUM 2022



STANSTEAD COLLEGE

Message from the Head of School

It is a never-changing law of human nature that as we approach its end, we sum up and review the events of the past year. I suppose that's exactly why we have a Stanstead College yearbook!

After the many arduous trials and tribulations of the pandemic, the year 2021-22 was a welcome and long-awaited return to normal. However, having the chance to return to do the many things that we loved and missed made the "normal" feel kind of "special." Things like the warmth of the sun on an unmasked face, a walk to Traditions or Tim Horton's that involved just a quick sign out, the feeling of a hug instead of an elbow bump. The company of friends at a music or sports event that was alive with energy.

The return to normal gave us the chance to witness and participate in so many special moments including watching our varsity girls soccer and varsity boys rugby teams win ETIAC league and playoff championships; being captivated by a fabulous production of the play "Once Upon a High School"; having our entire school lend a hand to the Town of Stanstead with a community service afternoon; and holding both our year-end prom and baccalaureate celebrations at their traditional locations. It was a fabulous feeling to be able to go forward in our lives with these small but important blessings restored.

To our graduates of the Class of 2022, we wish you good luck, continued success and much happiness as you venture out towards university and beyond. To use a baseball analogy, you're like a fly ball that send outfielders to the wall with the hope of catching it only to see the ball keep going and going – soaring far beyond the ballpark. That's you!

You've hit a grand slam but you haven't hit a plateau. In fact, you're on the cusp of a tremendous new adventure. As Leonardo da Vinci said "When you put your hand in the flowing water, you touch the last of what had gone before and the first of what is to come." And what is to come are perhaps the most exciting years of your lives.

Keep up the great work and keep moving forward. You've come a long way, learned a great deal and now you're fully ready for the next step. You'll continue to grow, develop and change. As you do, you'll find new passions, make new friends, take on new challenges and carve out new definitions of self, community and relationships. And remember, you're actually at your best when you're trusting your instincts and doing what you feel is best.

And on that note, I'll leave you with one final bit of baseball advice from the poet Wendy Cope:

Enjoy your talents. Have your fling.
The seasons change. The years advance.
Watch the ball and do your thing...
And don't let anyone mess with your swing!

Good luck and best wishes.

Michael Wolfe
Head of School

Messages from the Head Prefects

Delivered at Baccalaureate, June 18, 2022

At the beginning of every lacrosse practice, Coach Garrett shared a statement of the day for the team to ponder, and today I want to share one of my favourites with you:

"Everything is temporary."

And she said: "Whether this is a good or bad thing for you all, nothing lasts forever, try to keep that in mind."

This rather obvious statement struck me more than you might expect. As I stood still on our lacrosse field, a rush of emotion took me over at a thousand miles per hour, emotions that rapidly melded into a visual sequence of three years' worth of memories playing like a movie in my mind. I was dumbfounded. How could such a simple statement turn into an ultimate realization?

The truth is that in my short time at Stanstead College, I was gifted an incredible experience in which I made friendships and memories that would last me a lifetime. Granted that good things come with flaws. I went through lots of moments of stress, anger and fatigue as well. Just like links in a bracelet, the best and worst of times interlocked into one chain to make what I call THE Stanstead Experience. And truly, it's that temporary roller coaster of emotions you go through at boarding school that thickens your skin so you're prepared for what's to come. And when Coach Garret shared this statement, it made me think of all the things that shouldn't be left unsaid.

As high school students we get caught up in the everyday life. We forget to look up at the sky and remember how valuable life really is. How valuable we are. This thing that we call "the big picture" is in fact really small. Our life Is short. We are small. Have it be known that as particular as Stanstead College is, it is not too different to other high schools in some sense. We cultivate drama, we dispense prejudice and as the expression depicts we enjoy "pouring gas on the fire."
What we tend to forget is that we waste our time on such actions. We waste our time hating each other for meaningless reasons. We waste our time when we prevent ourselves from getting to know one another. We waste our time simply because we forget we run out of it. The beauty in all of us, is that we are all different and those differences are the indispensable lessons we teach other. This is why we should value ourselves, value our differences, and love ourselves for them because without even knowing it, we are all teachers and students. Through every interaction you've had at Stanstead College, you've learned something. Sooner or later and without even knowing it, this place and its people have taught you a life's worth of lessons.

From them you have learned and to them you have brought the wonderful person that you are. To those who share this last day with me, I hope you did make your experience here into the best it could be and if you didn't, remember this statement while taking on future endeavours.

There is a point to be made here and that point is that life is too short. It's too short to not be enjoyed, and it's way too short to not be made memorable. A few days ago, I asked Miss Hessian for a sign-out slip and naturally she asked me where I was headed. I explained that I had miscellaneous objects I needed to return. As I walked around campus I found myself leaving things on people's doorsteps. Feeling like I was leaving pieces of my experience. Leaving behind pieces of me. Pieces of them. Pieces of us.

- Sofia Paradis

When I visited here five years ago, Stanstead was introduced to me as high school musical but without the singing. I'd say this is pretty accurate; I played on the basketball team and was a part of the school play.

There's one thing that's different, though: the relationships. The greatest gift I have received here is people. Throughout my four years here, I have developed relationships with around 1200 different people from different places. Whether it is the staff and faculty, students, parents or players we meet at tournaments, we are marked by these encounters. Some of the people you met here you will see in 20-30 years at Homecoming and remember the old days just like many did this past May. Others will still be by your side in 20 years.

Living at a boarding school, you learn a lot about relationships. You learn to create them, keep them healthy, and sometimes you learn how to screw them up. I have screwed up a lot. Four years ago, I was sitting in this audience and Ally Barlow spoke about being an expert at being a Stanstead student. While I am not so sure about being an expert at all aspects of being a boarding school student, I think I can be classified as an expert at relationships at boarding school.

Now, I'm not always perfect at this and let me give you an example. As some of you may know, I go to breakfast each morning with my four best friends at 7:30. I'm not very patient. If Yoan is not there at 7:30, I strongly suggest the group that we leave without him. Léonie, on the other hand, is more patient and believes we should stay. So I leave. Here's one tip: don't leave. Don't leave when things get long or tough. Because when you do leave, you give permission to others to bail on you, and that is the worst thing that can happen to you at boarding school. That and the cafeteria forgetting your cupcakes-on-your-birthday announcement.

Relationships are essential to our own well-being. When you get to the health centre and Sonia notices you are feeling down, she instantly asks you if something happened with your friends. When your relationships aren't doing too well, most often you are not doing too well either. Being in such a close environment all the time with so many people surrounding us, it can be overwhelming, but trust me, they are your only chance at surviving boarding school. In any type of friendship, both should care for one another and take care for one another. This can be as simple as Liam paying for Micky's and my ice cream as we walked to Traditions after a rough week.

Take the time to call and text your friend during the long summer. Stay in touch with as many people as you can even if you are not coming back. The bonds you created this year will last you a lifetime if you want them to.

While we were so busy this year, some of you might have forgotten to call home sometimes. Speaking from experience, I know some of the moms in the audience today can relate. On your way back home, make sure you thank your parents for giving you this opportunity. Do the same with the other family you made here. Your teachers, advisor, roommate, friends – they are and always will be your family away from home.

Although Stanstead was described to me as high school musical, I would describe it more as a friend. If Stanstead was a person, it would be memorable one. Stanstead would be an energetic, loud and a very dramatic person. A person that makes you feel at home but can also become really irritating to hang out with at times. Stanstead loves Saturday night bonfires, sports tournaments, Wednesday half days and All-Campus activities. Whoever meets Stanstead, usually becomes one of their loyal friend. Thank you, Stanstead, for being such a good friend.

For the ones who aren't coming back next year, I would like to leave you with something my dad always tells me before leaving a place: "You have to leave in order to be able to comeback" and I hope you will come back.

I remember being devastated after my Grade 9 year feeling like I would lose all the friendships I made here. Then Mr. Van Dyke came to see me, he told me something I will never forget. Now I am standing here today and stealing his line for the mini Rosema's out there "Don't be sad it's over, be happy it happened."

Thank you Stanstead, it was a blast.

- Rosemary Lefebvre

Faculty 2021-22

Front: Lisa Smith, Adam Spirk (director of athletics), James Rioux (director of hockey operations), Christian Wells (assistant head), Michael Wolfe (head), Joanne Carruthers (associate head), Andrew Blair (director of academics), Keri Reynolds (director of student life), Erik Van Dyke
Middle: LaDonna Lamonth, Shannon Pimm, Duane Liverpool, Courtney Tougas, Emily Zimmerman, Ana Pajovic, Amy Laroche, Nicki Campbell, Shawn Belknap-Keet, Laura Kirby, Joannie Robitaille, Simon Winquist, Magali Gagnon, Barb Wilkinson, Eryn Hessian
Back: Bernie Pimm, Alysha Burriss, Thom Peasley, Kyra Borsoi, Corinne Lalande-Markon, Jean-Jacques Prevost, Chris Planetta, Jeff Standage, Matthew Thompson, Roger Marino, Steve Coughlin, Faaiz Akbar, Andre Simard, Josh Delorme, Eric Grenier, Jesse McRae.
Missing: Audrey Hamilton, Carmen Campbell, Patrick Ruwe, Caroline Perusse, Connor Wilson, Allie Fraser

Prefects 2021-22

Front: Antoine Rémillard, Alice Sauriol, Jason Shao, Rosemary Lefebvre, Christian Wells, Michael Wolfe, Joanne Carruthers, Cynthia Zhang, Yoan Torello, Béatrice Perron-Roy, Justin Bouchard
Middle: Ariela Boltvinik Palacios Roji, Krystine Breton, Cédric Beauregard, Siena Webster, Ben Leclerc, Maria Teresa Calva-Xolalpa, Lucy Wang, Elodie Roy, Logan Béasse, Victoria Fernandez Garcia, Stéphanie Bourque, Joseph Riddell, Sofia Paradis
Back: Kevin Shi, Jack Lippmann, Hayden Pimm, Leo Shi, Liam Steele, Ethan Skara, David Dong, Camille Richard, Max Pedicelli, Léonie Sayeur, Jérome Sayeur

Trustees & Directors 2021-22

Bold = Director

Sergio Afif '09
Monty Allan '78
Robert Archambault
Gabrielle Archer '09
Olivier Babin '14
George Baptist '76
Nicolas Bauer '10
David Beasse '59
Martin Beasse '91
Georges Beaubien '68
Philippe Beauregard '92
Constance Bedard '06
Ryan Bedard '10
Mathieu Beliveau '99
Nathalie Beliveau '98
Felix Boisse '10
Michael Bonaro '05
Ellen Bounsall
Pat Burden '70
Joey Cammalleri '74
Stephen Carden '77
Dorothy Chan '07
Olivier Charette '09
Bob Chen '15
Hank Chen '10
Christopher Clegg '80
Jerome Cloutier
Jeffrey Cowen '09
Jonathan Cowen '72 - Chair
Judith Crosland Cowen
Winston Cuenant '99
Peter C. Daniel '54
Terry Davies
Collin De La Bruere '09
George Diamandopoulos '94
Andrea Dumas '08
Tracey Emms '82
Eric Fafard
Susan Fitzpatrick
Kelly Foran '12
Alex Gagnon-Sckoropad '08
Marie-Pier Germain '01
Jared Givarz '00
Randy Goodleaf '81
Karine Goyette '99
Darren Gray '00
Jeff Gray '04
Necola Guerrina '09
Hugh Gurd '71
Henry Haase '19
Claudia Hess '83
Cindy Ho
Duane Holder '90
Stanley Holmes Sr. '53
Tiffany Hsu '13
Kevin Hurlburt '93
Mark Jankowski '12
Dr. Pierre-Olivier Jean '08
Gillian Knightley '93
Mitch Kotansky '80
Claudine Landry '00
Ashley Langevin '17
Kirsten Layzell McConnell '93
Jean-Francois Lefort '09
Antoine Leger '92
Joseph Levy '69
Andrew Lippi '09
Vicky Liu '14
Andrea Lopez Sanchez '14
Nathalie Lussier '03
Sean Maas '01
Samuel MacCallum '80
David Marosi '04
Suzy McDonald '95
Doug McEwen '76
William Moffatt '72
Julia Naber '04
John Nadeau '77
Rebecca Nienkamper '83
Guy Ouellet
Naomi Orth '11
Dr. Zubin Panthaki '85
Francois Paradis '92 - Vice -Chair
Isabelle Paradis-Gatcliffe '89
Dr. Michael Peirce '73
Robert Perretta '04
Tom Perretta '06
Angelo Perrotta
Julian Perrotta '08
Rosemarie Poulin '15
Jackson Qiu '14
Kimberly Quinn '93
Catherine Quirion '13
Luc Quirion
Jean-Samuel Rancourt '06
Frank Riddle '08
Jason Rodi '95
Orfa Roji '93
JD Ross '00
Joanne Ross
Peter Ross '03
Light Sathiensamrit '07
Andrea Schmitt
Etienne Scraire '12
Charles Seagram '92
Joel Segal '75
Lindsay Smith '09
Harvey Stevens '74
Matthew Stevenson '77
Antulio Tamayo Jr. '16
Charles Vaillancourt '09
Catherine Van der Linden
Rene Villarreal '94
Alex Wagner '02
Geoffrey Wagner '71
Dr. Akiko Watanabe '70
Matthew Watt '99
Scott Waugh '70
Claire Webster
Judith Webster
Philip Webster
Stuart Webster
Helen White '09
Jordan Wong '09
Alyson T. Wood
Malcolm Wood-Downey '14
Aika Yamashita '14
Jacqueline Zhang '14

HONORARY TRUSTEES
Charles W. Colby

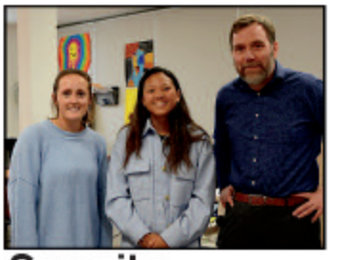
Staff 2021-22

Admissions

Joanne Carruthers (associate head), Gabriela Ron, Patrick Fraser (director), Logan Vanasse, Christine Allard (admin. asst..), Liliana Roji. Missing: Courtney Tougas, Jane Liu

Advancement

Jesse McRae (director), Emily Marosi, Karen Cushing. Missing: Alysha Burriss



Security

Brittany Sharman (and asst. director of facilities)

Summer Camps

Kayla Ouellet, programs administrator (and Webster don)

Transportation

Patrick Gauthier, manager

Business Office

Farrah Cabana, Peggy Alger, Karine Richard, Kimberly Martin, Francois-Olivier David, Dugie Ross (interim director). Missing: Lynn Johnston

IT

Paul Thompson, Liam Buck-Thompson, Jean-Luc Navert (director)

Gym

Faaiz Akbar, manager (and animation coordinator, Davis don)

Tuck Shop

Shannon Pimm (and uniform coordinator)

Main Office

Donna Richter, Student travel; Admin. Assist. Academics; Univ. Guidance; Marie-Eve Simard, Administrative Assistant Head of School

Arena

Marc Parent, Josh Pope, Mario Frechette, Lee-Anne Chase

Housekeeping

Samantha Bryant, Ed Yao, Anna Wang, Shannon Bryant, Tina Sheldon, Sarah Archer (manager), Brad Crawford, Kayla.Alex, David Lacasse Buzzell, Taunya Pope, Gabye Darcy. Missing: Maida Benoit

Health Centre

Holly Moore (counselor), Victoria Gagne (admin. asst.), Dr. Guy Charette, Sonia Perron (nurse), Christophe Robb-Lavoie (athletic therapist), Maxime Boulay (nurse)

Food Services

Mark Maclure, Michael Dozois, Kim David, Martina Horber, Fang Luu, Amy Lundrigan. Missing: Stephane Dozois (manager), Ryan Cabana, Robert Giroux, Wendy Giroux, Charlène Dubois, Jean Dozois,

Drivers

Front: Clement Demers, Patrick Gauthier (manager), Wayne Stratton, Denis Comeau
Back: Brad Crawford, Robert St-Hilaire, Chris Goodsell, Agustin Roji, Mike Goodsell

Maintenance

Guy Roy, Caroline Gaudette, Steve Buzzell, Johnny Gingras, Will Huckins, Scott Muth, Andrew Norris, Mark Nugent, Khlaleq Ahad Abdul
Missing: Mike Huckins (director of facilities), Brittany Sharman (asst. director of facilities)

Communications

Ross Murray (director), Kyra Borsoi, Shannon Garrett

Archives

Audrey Hamilton

Library

Keri Reynolds, Amy Wolfe

Shawn Belknap-Keet
Math/Science

Andrew Blair
Math/Science
Director of Academics

Kyra Borsoi
Tech
Webster Don

Carmen Campbell
English

Nicki Campbell
English (department head)

Steve Coughlin
English, Philosophy

Joshua Delorme
English, Humanities

Alexandra "Allie" Fraser
Math/Science
Bugbee Asst. HD

Patrick Fraser
Director of Admissions

Magali Gagnon
French, Drama
Bugbee HD

Eric Grenier
Music, ERC

Audrey Hamilton
Humanities, Archives

Eryn Hessian
Math/Science
University Guidance

Laura Kirby
Math/Science

LaDonna Lamonth
Math/Science
Cowen Asst. HD

Amy Laroche
Art

Duane Liverpool
English, Formal Apology

Roger Marino
French, Humanities

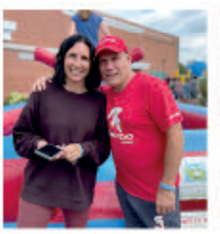
Corinne Lalande-Markon
French

Jesse McRae
Director of Advancement

Ross Murray
Director of Communications

Ana Pajovic
Math/Science
Webster Asst. HD

Caroline Perrusse
Humanities



Shannon Pimm
Cowen HD
Bernie Pimm, Economics

Christopher Planetta
Math/Science

Jean-Jacques Prevost
French (department head)

Keri Reynolds
Director of Student Life
U Guidance

James Rioux
Humanities
Director of Hockey Operations

Joannie Robitaille
French

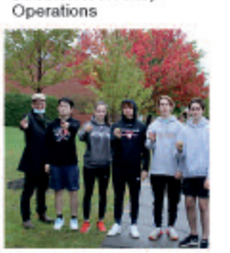
Liliana Roji
Admissions Associate

Patrick Ruwe
Math/Science

Andre Simard
Humanities

Lisa Smith
Math/Science
(department head)

Adam Spirk
Director of Athletics,
Davis HD

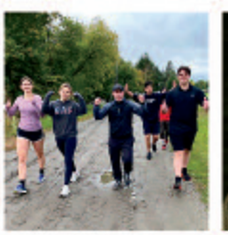


Jeff Standage
Math/Science

Matthew Thompson
Humanities (department head)

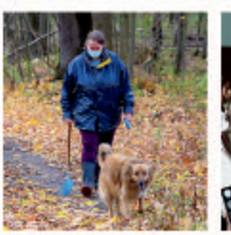
Courtney Tougas
Tech, Cowen Asst. HD
Admissions Associate

Erik Van Dyke
Math/Science



Logan Vanasse
Admissions Associate

Christian Wells
Math/Science
Assistant Head of School



Barb Wilkinson
English, ESL

Connor Wilson
Phys-Ed

Simon Winquist
French, Humanities
Davis HD

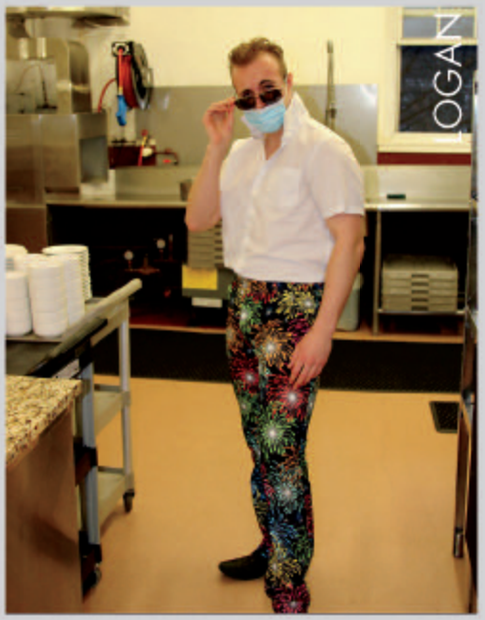
Emily Zimmerman
Math/Science

Teachers & Advisors 2021-22

grads

class of 2022

GRADE 12



LOGAN BEASSE

Nickname: "Loger" -Yuhe
Where from: Stanstead
At Stanstead Since Grade: 8
Best Memory: Watching movies late at night with my roommate LG in Grade 11
Future Plans: Gap year, then who knows
What I've Learned: Patience, and lot of it
Special Thanks: Bugbee House for staying awesome!
Quote: "Enjoy the little things. The world is harsh, enjoy happiness where it can be found to stay sane."
- Zombieland rule #32

CEDRIC BEAU-REGARD

Nickname: Ceddy
Where from: Stanstead, Qc
At Stanstead Since Grade: 10
Best Memory: 2021-2022 prep hockey season
Future Plans: Become a software engineer
What I've Learned: Enjoy every moment
Special Thanks: To everyone who supported me through my journey at Stanstead
Quote: "If you can do what you do best to be happy, you are further along in life that most people." - Leonardo DiCaprio

LAURA BELINI

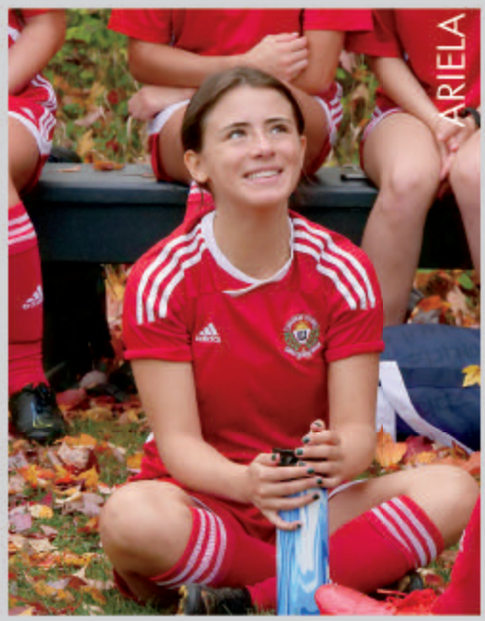
Where from: Montreal, Que.
At Stanstead Since Grade: 12
Best Memory: Sports trips and late night walks/talks with my roommates
Future Plans: Study business, hopefully get a job in the sports industry, somehow play a university sport (I want the merch), travel, be happy and have no regrets
What I've Learned: You are capable of so much more than you think you are
Special Thanks: To my friends, coaches, dog and special shout out to my mom for making me food!!
Quote: "Did everyone see that? because I will NOT be doing it again."

ARIELA BOLTVINIK PALACIOS ROJI

Nickname: Ari
Where from: Mexico City
At Stanstead Since Grade: 9
Best Memory: Fridays are rugby days, bonfires with Rosema's country songs, weekends with Tougie on duty, Miss Hessian's popsicles during study, Charles arriving with a speaker, bagels with caramel, emptying Davis tuck shop, all nighters with Ariadna, Mr. Wolfe dancing at prom, slushies at the rink, hot wing challenge with Sofia, pizza pockets, Alice's sad songs, David Huang with a trumpet at the hockey finals, Carmmy asking me to unroll my skirt, Winquist Kahoots, singing "we are young" with Faaiz, late nights with Silvia, Elle, Ari, and Lisa, Val breaking a piñata, arriving in a "helicopter helicpoter" to school, Getting a concussion by Jason in Mexico vs Asia, Mr. MacRae's gyros, being at Stanstead, being a Spartan.
Future Plans: Studying Political Science
What I've Learned: Sometimes all you need is 20 seconds of insane courage
Special Thanks: To Mr. Winquist for being my teacher 3 years in a row, Miss Carmen Campbell for being the best advisor, Mr. G for teaching me a class that changed my life; Ethics 10. To Mr. VanDyke for being a great teacher and coach, To Miss Pimm for being a second mom, To Shannon and Spirk for contributing into making my experience at Stanstead beyond amazing throughout the years, and to Mr. Wolf for all his support.
Quote: Be fearlessly authentic

STEPHANIE BOURQUE

Nickname: Steph
From: Moncton, New Brunswick
At Stanstead College Since Grade: 10
Best Memory: Hockey road trips with the girls or All-Campus
Future Plans: Continue my hockey career at university and hopefully play professionally.
What I've Learned: Never take anything for granted and live in the moment
Special Thanks: I want to thank my teammates for a great year
Quote: "Bin la!!"



FERDINAND BURGHART

Nickname: Ferdi
Where from: Kitzbühel, Austria
At Stanstead Since Grade: 12
Best Memory: Advisee dinner; winning the championship; trips with the team
Future Plans: Go to college in the US and continue playing hockey; haven't planned much further than that
What I've Learned: Be grateful for every chance you get; you don't know how many will come around.
Special Thanks: To my Coaches, Teammates, and advisor Mr. McRae, as well as all my friends and classmates (for all the notes)
Quote: "What if it could turn out better than you could imagine?"

YU SHAN CHAN

Nickname: Gordon
Where from: Hong Kong
At Stanstead Since Grade: 10

YI-TING CHIANG

Nickname: Silvia
Where from: Douliu, Taiwan
At Stanstead Since Grade: 11
Best Memory: Girls lacrosse team 2022
Future Plans: Graduate from university
What I've Learned: If you talk to someone first, they will talk to you too.
Special Thanks: Thanks to all the teachers and all my friends!

JORGE CORREIA

Where from: Praia, Cape Verde
At Stanstead Since Grade: 10

ANIKA CURRI

Nickname: Nini
Where from: New Canaan Ct
At Stanstead Since Grade: 12
Best Memory: Boston hockey weekend when half the team had covid.
Future Plans: undecided
What I've Learned: 5 minutes early is on time.
Special Thanks: I'd like to thank my family, especially my parents who have worked to give me the very best opportunities,
Quote: "I know I don't know much, and even that I don't know for sure." - Oma Curri

10
GRADE 12

NEVA **DEBLOIS**

Nickname: Nev
Where From: Quebec City
At Stanstead Since Grade: 12
Best Memory: The late night spike ball games at the beginning of the school year and the volleyball games in the gym during winter.
Future Plans: Travel the world and build my own company.
What I've Learned: I'm smarter than I thought I was.
Special Thanks: To Faaiz and his animations throughout the year, my uncle who brought me homemade food every weekend, and the endless support my family gave to me.
Quote: Always seems impossible until it's done

WILLIAM **DEE**

Nickname: Liam, Big D
Where from: Toronto
At Stanstead Since Grade: 12
Best Memory: Hockey
Future Plans: California
What I've Learned: I grew out my hair to mask my massive dome
Special Thanks: My parents

ELIOTT **DESAUTELS**

Where from: Lac Brome, Que
At Stanstead Since Grade: 12

ARIADNA **DURAN** BERNAL

Nickname: Ari
Where from: Cuidad juarez chihuahua
At Stanstead Since Grade: 11
Best Memory: Late night talks in my friend's room, Lysa, Silvia and Riho making me laugh, rugby and volleyball games, going to my friend's room.
Future Plans: Go to university, create my own business, and travel the world.
What I've Learned: I learned that "linear algebra" is not algebra.
Special Thanks: To my parents (and Karina), to Spirk Nation (and Faaiz), my friends, and Miss Hessian, Miss Pimm, and Mr. Van Dyke
Quote: "Learn to be with yourself and love yourself because at the end of the day the only person you will have its yourself, and that you are able to do more than you think."

VICTORIA **FERNANDEZ** GARCIA

Nickname: Vic/Vivi/victoria
Where from: Oaxaca, Mexico
At Stanstead Since Grade: 10
Best Memory: Every time I am in Megane's room and Svenja makes something that will makes us laugh. Or Stephs laugh.
Future Plans: Work hard to archive a master in fashion design and graphic design.
What I've Learned: Each year is different, sometimes in a good way sometimes in a challenging way but after all there are those learning stages, little laughs, picnics, dances and other special moments that make all the time amazing.
Special Thanks: To all teachers and staff who have worked so hard to make each year possible for me to learn, work hard and archive many goals. And all my friends too who made it to the bottom of my heart.
Quote: *And these children that you spit on*
As they try to change their worlds
Are immune to your consultations.
They're quite aware of what they're going through - "Changes," David Bowie

BENOIT FORGET

Nickname: Benibubbles
Where from: L'Ange-Gardien, Que.
At Stanstead Since Grade: 11
Best Memory: Hockey trip to Minnesota
Future Plans: Junior hockey
What I've Learned: Too many things
Special Thanks: Ms.Mags , Mr.Blair
Quote: Kachow

NATHAN GARNIER

Where from: Laval, Que
At Stanstead Since Grade: 11

JORDAN GILBERTSON

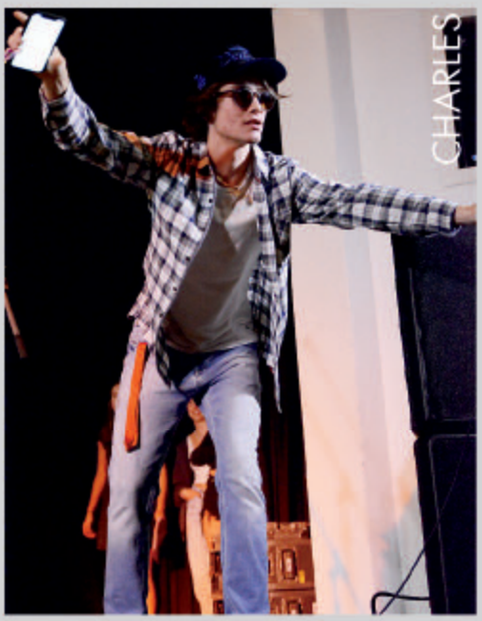
Nickname: Jordi
Where from: erth Ontario
At Stanstead Since Grade: 12
Best Memory: Going to Boston with only half our team
Future Plans: Study psychology and play hockey in university
What I've Learned: Time management
Special Thanks: Mrs Pimm, Coach Pimm, all my teachers friends and coaches
Quote: "Saturday is a rugby day"

GRACIE GILKYSON

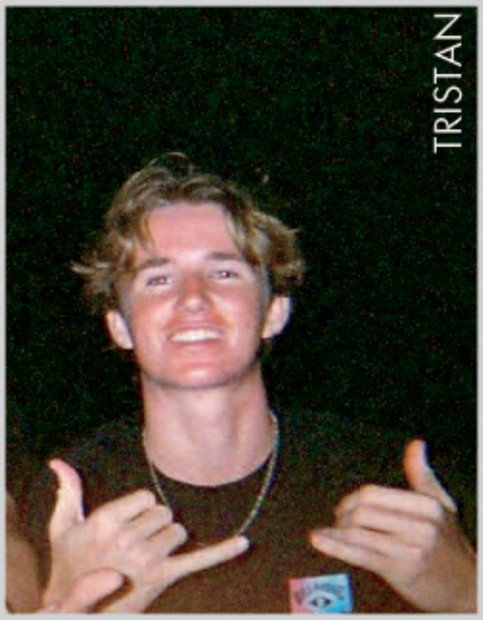
Where from: Calgary, Alberta
At Stanstead Since Grade: 12/PG
Best Memory: Winning the Winnipeg tournament while playing against my former team was a major highlight.
Future Plans: Attending Yale University & playing on the Women's Hockey Team.
What I've Learned: Being away from home makes you realize how much you miss it.
Special Thanks: My parents, Mark & Cindy, who are always in my corner.
Quote: "It was in 2004 & it was in game 5 vs. the Oilers. #Flamesin7?"

CHARLES GOUDREAU

Nickname: Charley, Chucky, C bandz.
Where from: Stanstead
At Stanstead Since Grade: 7
Best memory: prom
Future plans: Become headmaster
What I've learned: The mitochondria is the powerhouse of the cell.
Special thanks: Thank you to my day 1's
Quote: "It ain't no fun if the homies can't have none." - Snoop Dogg



12
GRADE 12



TRISTAN GRANDSIRE

Nickname: Island Boy
Where from: Turks and Caicos Islands
At Stanstead Since Grade: 11
Best Memory: First home hockey game
Future Plans: One day at a time
What I've Learned: Don't leave your food out around your roommates
Special Thanks: Spirk and Shannon
Quote: "Hakuna Matata"

ELLE GUNTNER

Nickname: Honey
Where from: Hudson, Quebec
At Stanstead Since Grade: 12
Best Memory: Having met amazing people and having organized a protest!
Future Plans: Take over the family company and travel the world.
What I've Learned: All the rules are optional
Special Thanks: My parents for always supporting me in every way and all the people that made me smile!
Quote: "Everybody needs a little honey in their lives."

RIHITO HAMANO

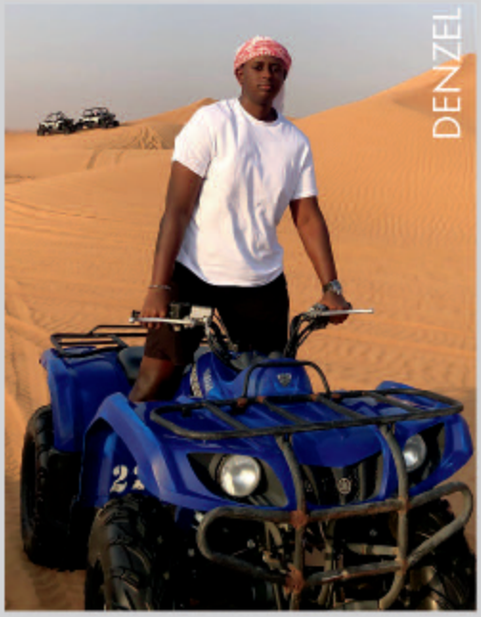
Nickname: Hito
Where from: Tokyo, Japan
At Stanstead Since Grade: 9
Best Memory: Gym
Future Plans: Hockey player
What I've Learned: Time goes too fast
Special Thanks: My family and people from Stanstead
Quote: "Let's go to speed training."

YUNQI HU

Nickname: Amy, Amy who?
Where from: Changzhou, China
At Stanstead Since Grade: 11
Best Memory: proms, outdoor pursuits, school trip to the Disneyland, Chinese New Year, Halloween, advisory with Ms. Mag.
Future Plans: Try my best to achieve what I want, get my dream job and live my dream life. Have a lot of good friends besides me and be happy every day.
What I've Learned: A successful person should be very humble and working hard in the place where you can't see it. All you can see is the great success, but you don't know how much efforts he paid.
Special Thanks: My whole family, all my friends for supporting and accompanying me, Ms. Mag for encouraging and praising me all the time, Ms. Hessian for helping me, Ms. Pimm for taking care of me, Mr. Keet, Ms. Kirby, Dr. Standage, Mr. Liverpool and Mr. Pimm for teaching me this year.
Quote: "A friend is one who overlooks your broken fence and admires the flowers in your garden."

DAVID WEI HUANG

Where from: Foshan, China
At Stanstead Since Grade: 10



DENZEL IBARIZA

Nickname: Denzinho, Bombaiza
Where from: Kigali, Rwanda
At Stanstead Since Grade: 12
Best Memory: All-Campus
Future Plans: Graduate university, travel and learn about different cultures.
What I've Learned: To not take anything for granted and enjoy every moment of life
Special Thanks: My friends who made this a memorable year.
Quote: See yaa! #weout

AKSEL JALOJARVI

Nickname: Jalo
Where from: Lahti, Finland
At Stanstead Since Grade: 10
Best Memory: Winning the nationalx championship this year!
Future Plans: Junior hockey and hopefully studying Business in a good university!
What I've Learned: We should take nothing for granted and expect nothing given. Enjoy every moment and work hard to get opportunities!
Special Thanks: Go to my awesome friends. Also to Mr. Thompson, Mr. Vanasse, Mr. Wilson and everyone in the hockey program and to Ms. Garrett and Mr. Spirk for always being there for me!
Quote: "Trust the process"

YUXUAN JIANG

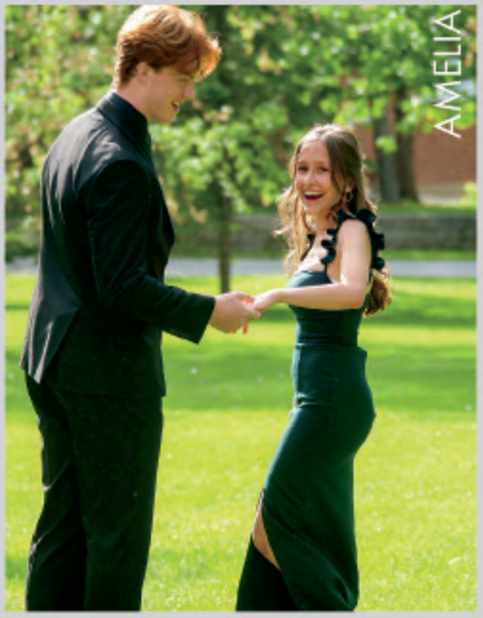
Nickname: Albert
From: Wuhan, China
At Stanstead Since Grade: 9
Best Memory: Doing sports with friends. I like cross-country skiing and badminton.
Future Plans: Have a great summer and learn driving lessons
Special Thanks: My teachers and friends

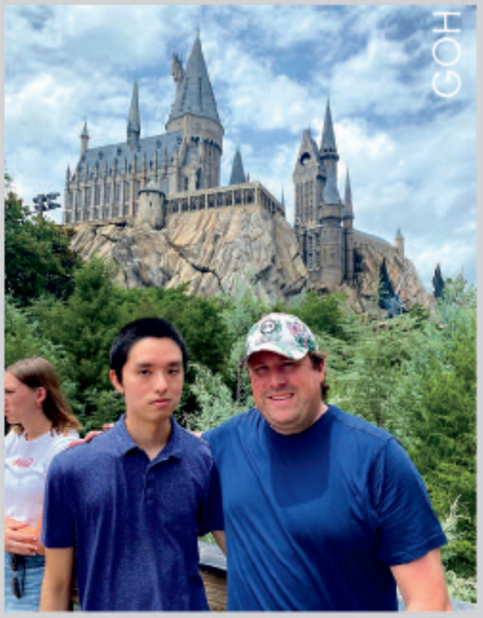
AMELIA KENNEDY

Nickname: Mia
Where from: Kingston, Ont.
At Stanstead Since Grade: 12
Best Memory: The Nova Scotia rugby trip
Future Plans: My future plans are to go to university and hopefully med school afterwards, and then just see where life takes me.
What I've Learned: I've learned that even if a class is hard, if you stick to it, you can do it.
Quote: "The only time I set the bar low is for limbo" - Michael Scott

GOH KONNO

Where from: Tokyo, Japan
At Stanstead Since Grade: 11
Best Memory: Disney Trip, all break trips, swimming, Classic Film Club, wild dancing during prom
Future Plans: work in some area of film production such as screenwriting or write movie reviews
What I've Learned: Be nice to others, be understanding,
Special Thanks: Mr. Wolfe, Mr. Murray, Ms. Hessian, all teachers and friends
Quote: "Do. Or do not. There is no try." – Yoda





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GRADE 12

EMMA KREISZ

Nickname: Kreiszy
Where from: Dunaharaszti, Hungary
At Stanstead Since Grade: 11
Best Memory: Winnipeg tournament with the hockey team
Future Plans: Grade 12 pt.2
What I've Learned: Using dish soap as a detergent makes you win
Special Thanks: Pimm family, Megane, Svenja, Vic and Riho
Quote: "Distance means so little when someone means so much."

MORITZ LACKNER

Where from: Graz, Austria
At Stanstead Since Grade: 11

ROSEMARY LEFEBVRE

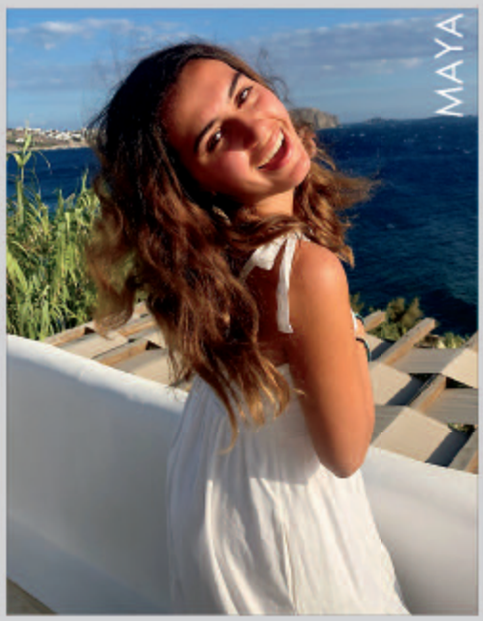
Nickname: Rosema
Where from: Magog, Quebec
At Stanstead Since Grade: 9
Best Memory: Breaking my nose, break trips
Future Plans: Playing basketball in North Carolina
What I've Learned: Pop tart wrap does not go in the microwave
Special Thanks: the V-Dawgs, la famille, Miss Wolfe
Quote: "Now what?"

MAYA LEROUX

Nickname: Maya Papaya
Where from: Montreal
At Stanstead Since Grade: 12
Best Memory: Playing volleyball at night with everyone
Future Plans: Going to London for first year of university
What I've Learned: How amazing it is to meet new people from all around the world
Special Thanks: To all the late night talks with my roommates
Quote: "Control the controllable." - Martin Leroux

ZHEYUAN LI

Nickname: Leo
Where from: Shanghai , China
At Stanstead Since Grade: 8



HUIXIN LIN

Nickname: Crystal
Where from: Shanghai, China
At Stanstead Since Grade: 7

JOHN LIPPMANN

Nickname: Jack
Where from: Derby VT
At Stanstead Since Grade: 10
Best Memory: CAIS Soccer in Toronto
Future Plans: Become a physician
What I've Learned: How to grow as a person
Special Thanks: My family, friends, teachers, and coaches

GABRIEL MAITRE

Where from: St-Francois, Que.
At Stanstead Since Grade: 9

JONATHAN MCDONNELL

Nickname: John
Where from: Ottawa
At Stanstead Since Grade: 11
Best Memory: Hanging out with friends outdoors last year
Future Plans: have been accepted to Bishop's University and will be going into the Canadian Army this summer.
What I've Learned: To make the best out of a bad situation
Special Thanks: I thank all of my teachers, coaches, and my friends for making my two years here as successful and enjoyable as possible.
Quote: "First, you have to finish" - Michael Schumacher

XIANGRUI MENG

Nickname: Kevin
Where from: Beijing, China
At Stanstead Since Grade: 7

ELMERI **MIKKOLA**

Nickname: Elmo
Where from: Finland
At Stanstead Since Grade: 10
Best Memory: Bet nights
Special Thanks: Mr Spirk
Quote: "Wow, glad this is over."

CHAKA-BENJAMIN **NTUMBA-MUNTU**

Where from: Montreal, Que.
At Stanstead Since Grade: 11

SOFIA **PARADIS**

Nickname:
Where from: Montreal
At Stanstead Since Grade: 10
Best Memory: Sunrise on last day and weekend nights w/ friends
Future Plans: or now university... not too sure what else yet but if it makes me happy it's part of the plan :)
What I've Learned: I can paint!
Special Thanks: Spirk and Shannon for being parents away from home and to everyone who made this experience so much fun.

LISA **PATENAUDE**

Nickname: Lil Cheese
Where from: Cali / Sherby
At Stanstead Since Grade: 12
Best Memory: The endless sleepovers I can have with my. friends
Future Plans: Studying Physics and Astronomy at the University of Waterloo
What I've Learned: How to function with very little sleep
Special Thanks: To my parents, for driving me to and from home on weekends
Quote: "I need feminism because I intend to marry rich, and I can't do that if my wife and I are making 82 cents for every dollar a man makes." - Caitlyn Cannon

MAXIMILIANO **PEDICELLI**

Nickname: Max
Where from: Montreal, QC
At Stanstead Since Grade: 10
Best Memory: Weekend river dips
Future Plans: Adopt a capybara
What I've Learned: You get your best work done at 11:57pm
Special Thanks: Bombalza, Mr. Meri, Spirk and Shannon, ctrl-c + ctrl-v
Quote: "Let's see where y=mx+b takes me"

MEGANE **PILON**

Where from: St-Jérôme, Qc
At Stanstead Since Grade: 10
Best Memory: The fall when my friends and I were having late nights talks and noodle nights. In the winter when Svenja and I coached the Asia team and woke up for those famous early morning practices. And in the spring, where we ended my last hockey season for Stanstead on a good note.
Future Plans: See the world
What I've Learned: Being well surrounded is everything
Special Thanks: To Emma for putting up with me, to Svenja for making me laugh, to Victoria for always being there for me and to Riho for reassuring me that classes start again at 12:35 and not 12:45.
Quote: Live, love, laugh <3

HAYDEN **PIMM**

Nickname: Pimmer
Where from: Stanstead Quebec
At Stanstead Since Grade: 9
Best Memory: Road trips with my teams
Future Plans: Playing Jr A hockey and going to university
What I've Learned: I've learned that time is extremely important, use every minute of it
Special Thanks: Thanks to all my coaches and teachers for the amazing experience
Quote: "Be thankful for the ones around you."

CAMILLE **RICHARD**

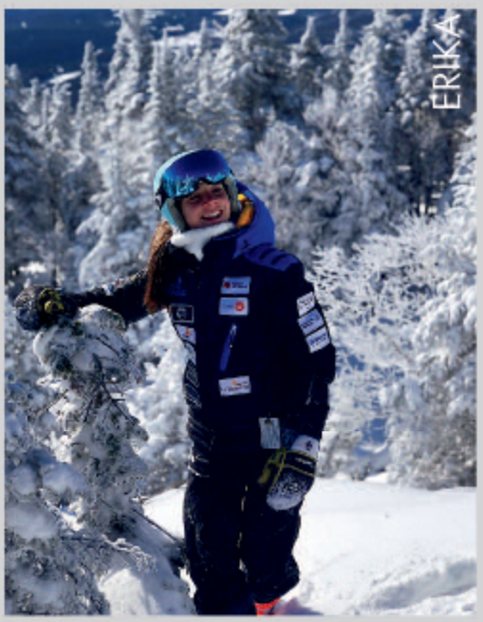
Nickname:Camil, Camix, Cami
From: Gatineau,Qc
At Stanstead Since Grade: 11
Best Memory: Spike ball games at sunset.
Future Plans: Playing for The Stingers at Concordia University, Studying in education
What I've Learned: Two years goes by so fast
Special Thanks: My family and my 3 best friends for making my experience at Stanstead so memorable.
Quote: "No I don't play basketball! "

JOSEPH **RIDDELL**

Nickname: Joe
From: Ayer's Cliff, Que.
At Stanstead Since Grade: 9
Future Plans: Study bio chemistry and hopefully become a doctor
What I've Learned: Work hard
Special Thanks: All my friends that made this place so fun

ERIKA **ROY**

Nickname:
From: Montréal
At Stanstead Since Grade: 12
Best Memory: Spike ball
Future Plans: University
What I've Learned: Don't roll your skirt
Special Thanks: To Laura, my roommate and tutor
Quote: "Live, laugh, love."



RIHO SASAMOTO

Nickname: Riho chan
Where from: Tokyo, Japan
At Stanstead Since Grade: 10
Best Memory: All Spirk Nation trips (Boston, Toronto, Vancouver, and DISNEY!!!!)
Future Plans: Going to university and getting license to work in Japan
What I've Learned: Since I came here, I really feel grateful for my parents and what they've done for me
Special Thanks: My best adviser Mr. Winquist. Thank you so much for all you've done for me!! You always encouraged me and made me positive. You are such a wonderful adviser and person. I'm so lucky to have you as my adviser for two years! I hope you come to Japan someday and we eat sushi (not McDonald's). Svenja, Emma, Megane, and Victoria, thank you for being my friends and making Stanstead memorable at every point. Meeting you is absolutely one of the best things in my life. Don't forget that whatever happens, I'm always on your side and will be there for you. Luv u guys<333
Quote: "It's never too late to be better."

ALICE SAURIOL

Nickname: Alix
Where from: Sherbrooke, Quebec
At Stanstead Since Grade: grade:11
Best Memory: Dr. Standage trying to catch a bee in class
Future Plans: St Cloud University, but don't know what I am going to study yet.
What I've Learned: I've learned that you can't miss Sunday's Brunch
Special Thanks: To my family, my teachers for always supporting me and my three friends (Big 4).
Quote: "Not taking calc again."

LEONIE SAYEUR

Nickname: Leon
Where from: ABITIBIII
At Stanstead Since Grade: 11
Best Memory: Spring dance
Future Plans: Studying business in Bishop's
What I've Learned: I am not that smart
Special Thanks: Rosema, Sofia, Ariela, Yoan, Benoit, Joseph, Alice, Camille
Quote: "Don't give up on your dreams, keep sleeping."

TIANZHEN SHAO

Nickname: Jason
Where from: Shanghai, China
At Stanstead Since Grade: 10

YUCHEN SHI

Nickname: Leo, Shiman
Where from: Beijing, China
At Stanstead Since Grade: 10
Best Memory: Working out with friends and hitting PRs
Future Plans: Do the things I love
What I've Learned: Stay away from the negativities, it kills your gains.
Special Thanks: Mr. Winquist, Spirknation and all my teachers
Quote: "But are you a different animal and the same beast?" -Kobe Bryant

YUZHE SHI

Nickname: Kevin, Shiman
From: Beijing, China
At Stanstead Since Grade: 10
Best Memory: Playing video games with my friends
Future Plans: Not sure yet
What I've Learned: Time management
Special Thanks: Mr. Winquist, Mr. Spirk, and Ms. Reynolds

LIAM STEELE

Nickname: Steele
Where from: London, UK
At Stanstead Since Grade: 11
Best Memory: Winning Nationals
Future Plans: Junior hockey in the BCHL. Playing hockey at Cornell. Going wherever hockey takes me.
What I've Learned: Mr. Keet's sense of humor is unmatched
Special Thanks: Coach Thompson, Coach Vanasse, Coach Wilson for a great year of hockey. Mr Imran Akbar for making the year amazing.
Quote: "To make big changes, big changes gotta be made."

GEORGIA STEENBAKKERS

Nickname: G
Where from: Stittsville, Ontario
At Stanstead Since Grade: 12
Best Memory: Winning the Winnipeg FWSSC
Future Plans: Study Business, and play hockey at Saint Mary's Univeristy
What I've Learned: Take nothing for granted, and enjoy every moment
Special Thanks: Bernie Pimm, Shannon Pimm, Shannon Garrett, and Kyra Borsoi
Quote: "Don't lose this moment searching for another"

WILLIAM TARIO

Nickname: Khan
Where from: Ottawa, Ontario
At Stanstead Since Grade: 12
Best Memory: Road trip to Minnesota
Future Plans: Undecided
What I've Learned: Every day is a fresh start
Special Thanks: To Ms. Hessian for making a significant impact on my year
Quote: "I tried to pay attention in class but the class paid attention to me."

YOAN TORELLO

Nickname: Yo
Where from: Geneva, Switzerland
At Stanstead Since Grade: 10
Best Memory: It's hard to pick one since there are so many good ones over 3 years. I will say the road trips with the hockey teams since every single road trips as its own best memory
Future Plans: Unsure
What I've Learned: Never take anything for granted
Special Thanks: Mr. Spirk, Shannon Garrett and Faaiz for everything they've done for me since grade 10
Quote: "I'm gonna go stand outside. If anyone asks, I'm outstanding."

DENIS VITTENBERG

Where from: Guipavas, France
At Stanstead Since Grade: 8

SVENJA VOIGT

Nickname: Sven
Where from: Cologne, Germany
At Stanstead Since Grade: 10
Best Memory: All the road trips with the girls and the Nationals win in Winnipeg
Future Plans: Going to university, and see where life gets me
What I've Learned: How to use the printer in Cowen
Special Thanks: To all the teachers and coaches that have supported me on my journey throughout my three years. Special thanks to Mr. & Mrs. Pimm for being second parents and always believing in me. Thank you to the Girls Varsity Team for an unforgettable season. Thank you to Emma, Megane, Riho and Victoria for being my best friends since day one, for the countless memories we spent together and for always being there for me when I needed you.
Quote: "Don't be scared by the fears in your head, be led by the dreams in your heart."

DELANEY WALSH

Nickname: D
Where from: Stowe/ Montgomery Vermont
At Stanstead Since Grade: 11
Best Memory: Soccer games and hanging out with my friends
Future Plans: Spending my gap year in Europe
What I've Learned: Watch out for ticks
Special Thanks: My parents, Ari and Liam
Quote: "I got another U!!"
!

XIAOYI XU

Nickname: Joel
Where from: Hangzhou, China
At Stanstead Since Grade: 9
Best Memory: Sharing time with some friends just for nothing.
Future Plans: Wandering in the world without destinations.
What I've Learned: How few the Canadian loonies are.
Special Thanks: Adam Spirk, Eric Grenier
Quote: "We are all in the gutter but some of us are looking at the stars" - Oscar Wilde
Nickname

ELIJAH YOUNG

Where from: Silver Spring, Maryland
At Stanstead Since Grade: 11

lifers

XINYU ZHANG

Nickname: Cynthia, Cindy, Cindy Lou Who, Cindily, Cinnadog
Where from: Liuzhou, China
At Stanstead Since Grade: 8
Best Memory: Jam sessions & shows, convos at the HC, gorgeous cross-country skiing days, games in the Webster TOD, my signature dummies, Val Cartier trips, making Mr. Spirk work for me in Survivor
Future Plans: Being happy & making others happy :)
What I've Learned: The "1" rule: being content with 1 happy minute in a bad day, being loved for 1 second in return, or having made 1 person's world better.
Special Thanks: My family for always having my back, all my friends for sticking by me in good and bad times, Holly for keeping me in one piece, Mr. G for the reality checks, Ms. Hessian for the late nights, and Maida for the virtual hugs.
Quote: "Breakfast + lunch + dinner = brunner. Change my mind."

Kevin Meng

Charles Goudreau

Crystal Lin

GRADE 11

ELI ANTOINE

Where from: Varennes, Que
At Stanstead Since Grade: 10

LORENZO BONO

Where from: Laval, Que
At Stanstead Since Grade: 9

JUSTIN BOUCHARD

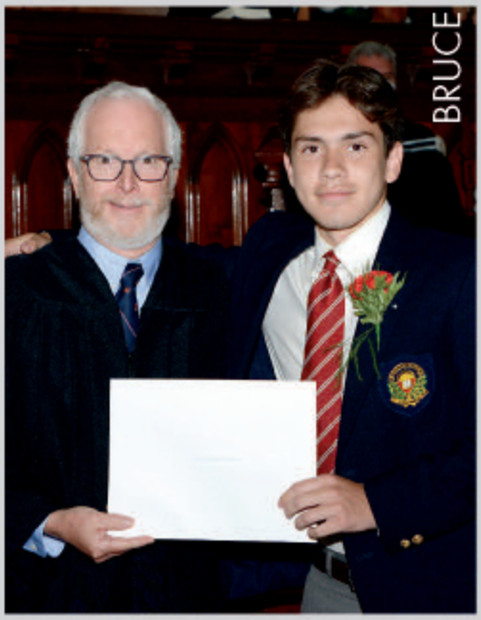
Where from: Newport, Vermont
At Stanstead Since Grade: 7
Best Memory: Watching "Gargoyles" in Ms. Campbell's class.
Future Plans: Plan my future
What I've Learned: Choose where you put your time and energy wisely.
Special Thanks: Dom the OG, Kieran for teaching me the value of the friends we made along the way.
Quote: "Not to brag or anything, but..."

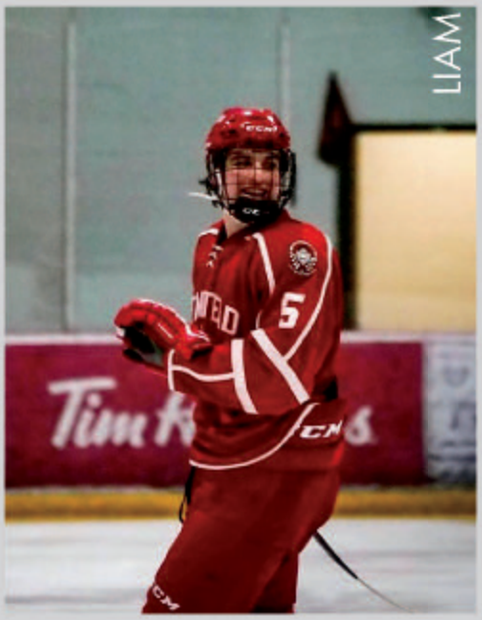
KRYSTINE BRETON

Nickname: Krys
Where from: Magog, Quebec
At Stanstead Since Grade: 7
Best Memory: Blasting 2010's songs in the gym with Elodie, Georgia and Simone in last year
Future Plans: Turning 18
What I've Learned: To function on < 4 hours of sleep
Special Thanks: You know who you are
Quote: "It smells poopy in here" - Julia 2022, Nova Scotia

MARIA TERESA CALVA-XOLALPA

Nickname: Tere
Where from: Mexico City
At Stanstead Since Grade: 7
Best Memory: Rugby season of 2017-2018
Future Plans: Taking a nap
What I've Learned: To not put Pop Tarts in the microwave (thanks sis)
Special Thanks: You know who you are
Quote: "We are all different, but we are all Spartans." - Lysa Kabirigi





BRUCE **CAMPBELL** GUTIERREZ

Where from: Lima, Peru
At Stanstead Since Grade: 11

LIAM **CARROLL**

Nickname: Carroll
Where from: Barrie, Ontario
At Stanstead Since Grade: 11
Best Memory: Winning natys
Future Plans: Coming back next year
What I've Learned: Knee injuries are no joke
Special Thanks: Mr. Marino, Protein and creatine and Davis house directors.
Quote: "Can I bring a tuba" - Wills Seagrave

WAI CHUNG **CHAN**

Nickname: Rachel; people from HK call me 'Chel', people not from HK call me 'Rach'
Where from: Hong Kong
At Stanstead Since Grade: 10
Best Memory: lunch time
Future Plans: see harry styles
What I've Learned: Lots of things but apparently I'm not very good at remembering them
Special Thanks: Everyone who talked to/smiled at me
Quote: "Did I finish the year or did it finish me?"

VALENTINA **CHAPOY** OLAVARRIETA

Where from: Mexico City
At Stanstead Since Grade: 11

JIYUAN **CUI**

Nickname: Eric
From: Urumqi, China
At Stanstead Since Grade: 9
Best Memory: Camping in Grade 9
Future Plans: Enjoy life
What I've Learned: How to be an appreciating person
Special Thanks: All my friends and teachers for a great high-school experience
Quote: You will face many defeats in life, but never let yourself be defeated.

VIVIAN DAHMS

Nickname: Viv
Where from: Montreal
At Stanstead Since Grade: 11
Best Memory: The school dance
Future Plans: Become a businesswoman
What I've Learned: To enjoy every moment because the time passes quickly
Special Thanks: To Miss Robi and Mr. Delorme for being big influences throughout my first year at Stanstead
Quote: "You've got to get yourself out there and make it happen for yourself. "

SHICHENG DONG

Nickname: David, Dominator, Donger
Where from: Shanghai, China
At Stanstead Since Grade: 9
Best Memory: Canoe trip
Future Plans: Enjoy life time at university and visit Stanstead when I have time
What I've Learned: How to communicate with others in boarding school, and get to know more about the world
Special Thanks: Mr. Spirk for being my moral teacher. Mr. Winquist for being a house director and a friend. And all other teachers and students who make up my wonderful memories at Stanstead College.
Quote: 'Success is not an accident, success is actually a choice.' –Stephen Curry

DAPHNEY DOZOIS

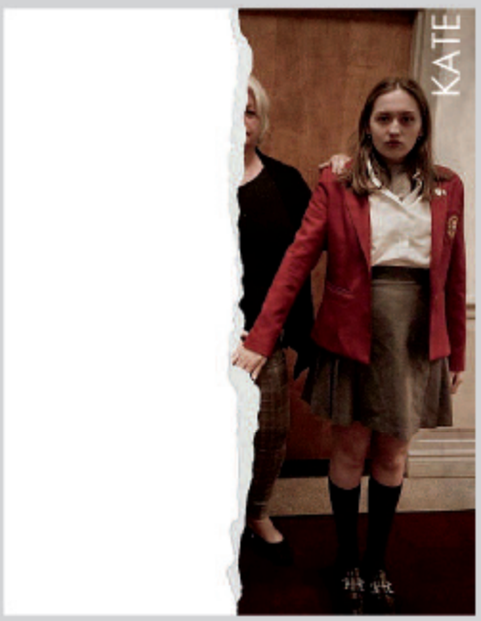
Nickname: Daph
Where from: Coaticook
At Stanstead Since Grade: 11
Best Memory: Travelling with rugby
Future Plans: Still figuring that out
What I've Learned: To not take anything for granted
Special Thanks: To all my friends, Mr. Delorme and Miss Hessian
Quote: "Enjoy it. Because it's happening." - Stephen Chobsky

MIA EICHHOLZER

Where from: Toronto
At Stanstead Since Grade: 10
Best Memory: Long talks in the dining hall
Future Plans: Staying at Stanstead another year
What I've Learned: Everything happens for a reason
Special Thanks: Cleaning staff

KATE EMMS

Nickname: Katie Kat, Katherine, Kit
From: Montreal, Quebec
At Stanstead Since Grade: 11
Best Memory: Getting locked in the arena at night with Flo
Future Plans: Becoming a journalist, travelling Europe
What I've Learned: How to stop being so hard on myself and how to adapt to change
Special Thanks: Thank you to my extraordinary friends Eli, Julia, Siena, Tere and Maria for being the incredible people you all are, I'll always cherish the memories we share, you made this year unforgettable <3
Quote: High school really tested my confidence, but luckily I passed ;)



FELIX **FORTIER**

Nickname: Fort
Where from: Candiac, Que.
At Stanstead Since Grade: 11
Best Memory: On my first day at Stanstead, I saw the big clock, and that's when I realized my experience at Stanstead started.
Future Plans: Play hockey as long as I can and study to one day be involved with a pro team management.
What I've Learned: Life is short, enjoy every single moment.
Special Thanks: To my parents and every staff member of Stanstead College for making this such a memorable experience.
Quote: "Everybody has the will to win, few people have the will to prepare to win." - Bobby Knight

ELISABETH **GODBOUT**

Nickname:
From: Montreal
At Stanstead Since Grade: 9
Best Memory: Marshmallows by the camp fire and end of year fireworks
Future Plans: Become a lawyer
What I've Learned: patience and organization
Special Thanks: Mr. Van Dyke for showing me I can be good at math
Quote: "Education is the passport to the future."

TONGYAO **GU**

Nickname: Amanda, Mandy
Where from: China
At Stanstead Since Grade: 8
Best Memory: Playing with friends
Future Plans: Apply to the major I want, become the person that I want to be
What I've Learned: The knowledge that school wants me to learn
Special Thanks: To Ms. Wilkinson, Mr. Keet and Ms. Kirby. Also all my friends.
Quote: Nothing's impossible.

XINYANG **GU**

Nickname: Howard
Where from: Beijing, China
At Stanstead Since Grade: 8

JAN **HAARS**

Where from: Duesseldorf, Germany
At Stanstead Since Grade: 11

MARIA HATZIDAKIS

Where from: Yorba Linda, CA
At Stanstead Since Grade: 10

FLORENCE HENRICHON-GOULET

Nickname: Flo
Where from: Montreal, Qc
At Stanstead Since Grade: 11
Best Memory: Winter Carnival
Future Plans: Go to med school
What I've Learned: Just go for it
Special Thanks: To all my teachers and friends
Quote: "Guys, I'm not going home this weekend!"

TAOHONG HU

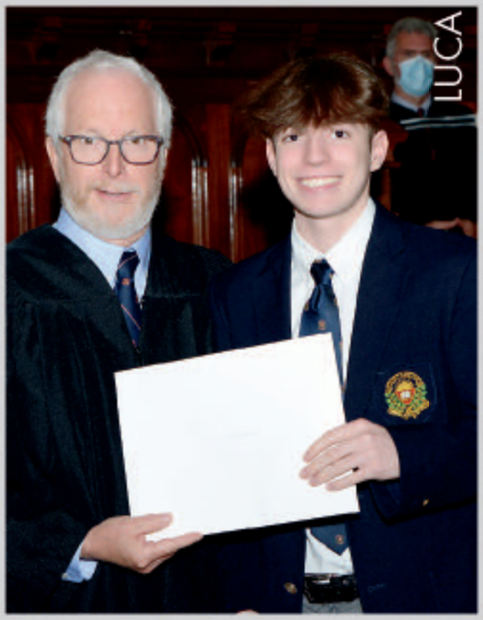
Nickname: Kevin
Where from: Beijing, China
At Stanstead Since Grade: 7
Best Memory: Every day at Stanstead is my best memory
Future Plans: Not sure yet
What I've Learned: A lot of things
Special Thanks: Mr. Van Dyke and all my teachers
Quote: 躺平至上

LYSA KABIRIGI

Nickname: Tity
Where from: Bujumbura,Burundi
At Stanstead Since Grade: 10
Best Memory: Valentina disturbing my sleep on a Sunday night, bus rides with the rugby team and jogging to Stage Rd, late night talks with my roommate and bathroommates...
Special Thanks: Mrs. Pimm for being the best house mama
Quote: Ni wanene

GERDA KLEINE-KAMPMANN

Where from: Münster, Germany
At Stanstead Since Grade: 11
Best Memory: Playing sports, especially being able to practice hockey before the winter break and during the ODR season; helpful and inspiring conversations
Future Plans: Graduating from German high school, going to university
What I've Learned: Valuable life lessons outside the classroom that I can't put into words
Special Thanks: To eeryone who supported me throughout the year. My family, my friends, my coaches, my teachers, Mrs. Carruthers, Mr. Pimm, Mr. McRae, the Health Center team and all the other great people. Thank you for always being there for me!
Quote: "Your struggles don't define you, but they do shape the person you become as a result of facing and overcoming them."son you become as a result of facing and overcoming them."



MARCUS KRATS

Where from: Embrun, Ont.
At Stanstead Since Grade: 10

LUCA LALIBERTE

Where from: LaSalle, Que
At Stanstead Since Grade: 9

ARIANNE LEBLANC

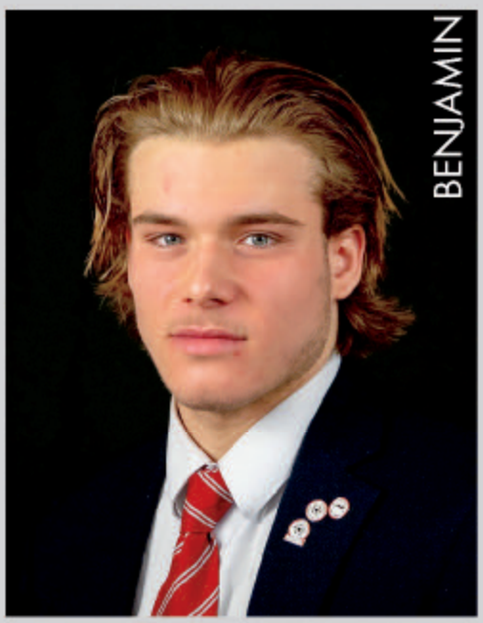
Nickname: Ari
Where from: Repentigny, Quebec
At Stanstead Since Grade: 10
Best Memory: Hockey road trips and spending every day with my friends.
Future Plans: Do my grade 12 at Stanstead and play college hockey at Clarkson University
What I've Learned: To speak British
Special Thanks: To Lydia for coming to Tims with me
Quote: "In the spring...maybe."

THOMAS LEBLANC

Where from: Westmount, Que
At Stanstead Since Grade: 11

BENJAMIN LECLERC

Nickname: Ben, Benny, alternatty
Where from: Stanstead
At Stanstead Since Grade: 9
Best Memory: Room 102
Future Plans: Undecided
What I've Learned: Take advantage of your time at Stanstead because it goes by fast
Special Thanks: My family
Quote: "It's almost Friday."



JAKUB LINET

Where from: Horni Jiretin, Czech Republic
At Stanstead Since Grade: 10

SHAWNA LYONNAIS

Nickname: Shifty
Where from: Ogden, Quebec
At Stanstead Since Grade: 10
Best Memory: Putting a fish into a light bulb as a prank not knowing fish needed oxygen to live, fish died 4h later from suffocating.
Future Plans: Studying criminology and continuing to later become an RCMP officer.
What I've Learned: That grades are very important to keep up but that you also need to socialize and have friends, live a little.
Special Thanks: To Mr.Spirk who has been the most amazing advisor and has helped me through a lot of difficulties at Stanstead College, and to Mrs. Smith who has believed in my capabilities since the beginning and has pushed me to meet my full potential.
Quote: Avengers 01:59:00

XINGDA LYU

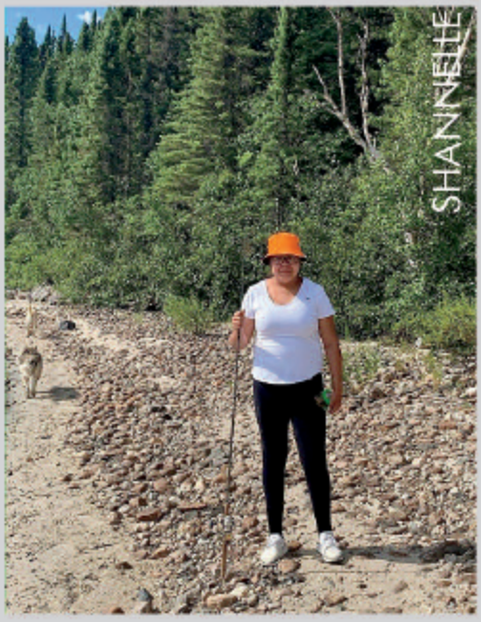
Nickname: David
Where from: China
At Stanstead Since Grade:
Best Memory: Basketball and socializing with friends
Future Plans: Study business or engineering
What I've Learned: Independence and organization
Special Thanks: To Mr. Winquist for his care and guidance in school life.
Quote: "If you can do what you do best and be happy, you are further along in life than most people."

CALEB MACDONALD

Nickname: Mickey
Where from: Cardigan, PEI
At Stanstead Since Grade: 11
Best Memory: Winning a National Championship/Cards Against Humanity game night
Future Plans: Attend university/play pro hockey
What I've Learned: I learned to step out of my comfort zone and meet as many people as possible. I also developed better study habits
Special Thanks: Davis house directors for being the easiest people to talk to and get along with, and to everyone that I was able to share a memory with
Quote: "Hmm must just be a maritime thing."

ONDREJ MARTON

Where from: Hvozdna, Czech Republic
At Stanstead Since Grade: 10



SHANNELLE MOAR

Where from: Nemaska, Quebec
At Stanstead Since Grade: 11
Best Memory: Spending time with my friends!
Future Plans: I plan to attend McGill University and become a doctor!
What I've Learned: I learned how to get out of my comfort zone and meet so many amazing people
Special Thanks: I want to thank my family and friends for their never-ending support
Quote: "Sook!"

IAN NICHOLSON

Nickname: E-Dog
Where from: Darien, Connecticut
At Stanstead Since Grade: 11
Best Memory: Bus trips with the hockey and lax boys
Future Plans: Mess Making
What I've Learned: Procrastinating Sucks
Special Thanks: To my family and friends at home
Quote: "I'm so smart it hurts" -Yogi Bear

VICTORIA OLIVER

Where from: Newburgh, IN
At Stanstead Since Grade: 11

BEATRICE PERRON-ROY

Nickname: Bea
Where from: Sherbrooke, Quebec
At Stanstead Since Grade: 9
Best Memory: Winning nationals
Future Plans: Play hockey and study psychology at Cornell
What I've Learned: Emilie Fortunato knows everything.
Special Thanks: To Mom and Dad
Quote: "Badminton for life."

DOMINIC POKORA

Nickname: Dom
Where from: Stanstead, QC
At Stanstead Since Grade: 7
Best Memory: Shoving Trevor in 2 feet of snow after he stole my phone in the dead of winter
Future Plans: Study Business at university
What I've Learned: Be the person you want to be, not who others want you to be.
Special Thanks: Justin the OG, Kieran the absolute legend, and Trevor the GOAT.
Quote: "Yesterday is history, tomorrow is a mystery, but today is a gift! That is why it is called the present." - Master Oogway

KAREL **PREFONTAINE**

Nickname: Karex, Prefo
From: Gatineau,Qc
At Stanstead Since Grade: 9
Best Memory: Forgetting the coaches at the restaurant after winning against the best team in North America
Future Plans: Going to university, become a doctor
What I've Learned: Do not take anything for granted because time flies
Special Thanks: To all of my teachers who have supported me along the way, Jessee, Coach Pimm, Miss Pimm, M. Simard, Miss Hessian and my advisor M. Prévost
Quote: "Take it one day at a time. One step at a time.One hour at a time. One minute at a time. One second at a time."

ANTOINE **REMILLARD**

Nickname: Twon
From: Chicoutimi, Québec
At Stanstead Since Grade: 9
Best Memory: Road trips with the boys
Future Plans: Make a mess
What I've Learned: Don't take your time for granted
Special Thanks: To my family
Quote: Shluca, your teasing me

ANA **ROJO HAMUE**

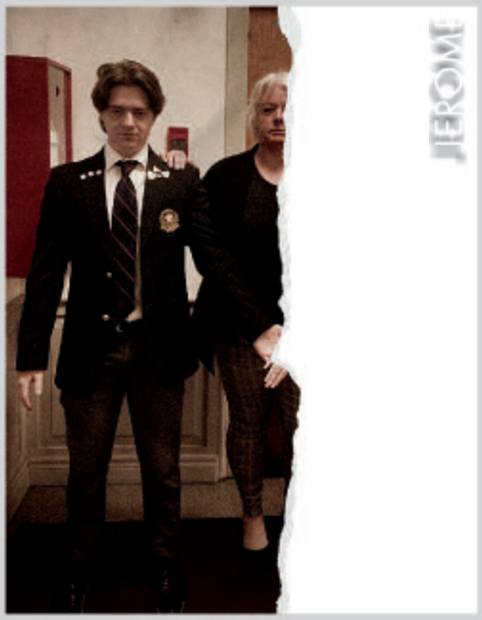
Nickname: Paula
Where from: Mexico
At Stanstead Since Grade: 11
Best Memory: May 13, 2022 night w/ Maria H.
Future Plans: Travel
What I've Learned: The less you care the happier you are
Special Thanks: My dad, my mom
Quote: "I like people who don't need everyone to like them."

ELODIE **ROY**

Nickname: Elo
Where from: Sherbrooke, Qc
At Stanstead Since Grade: 8
Best Memory: 2021 Spartanpalooza
Future Plans: Brown University and D1 hockey
What I've Learned: 5:30am workouts >>
Special Thanks: Thanks to Mr Ross, Mr Simard, coach Pimm, Mr G, Ms Tougas and Ms Perusse (amongst others) who all make my time at Stanstead a little easier with their support and kindness.
Quote: "B99 season 7 episode 13, 17:35 "

SIMONE **RUF**

Nickname: Simon
Where from: Stanstead
At Stanstead Since Grade: 7
Best Memory: Rugby trip to Nova Scotia and winter carnivals
Future Plans: Keep evolving as a person while doing what I love
What I've Learned: Always give everything a shot
Special Thanks: Mr. spirk and Mr. G for always being there for me and my parents for everything
Quote: "There are no shortcuts to places worth going to" - Miss Hessian



JULIA RUTENBERG

Nickname: Juju/Julibear/Jules/Joshua/Julia/Julius Atticus Benedict Rutenberg the 29th
From: Toronto
At Stanstead Since Grade: 11
Best Memory: First day of school when it was raining, and we were all running around, LOL.
Future Plans: Hopefully go to university and become a doctor and help little kids.
What I've Learned: I have definitely learned how to manage my time. I also learned that being a kind person is chill and we must collectively practice patience and understanding to achieve world peace.
Special Thanks: to Denzel for being so cool and my roommate Kate for being my personal masseuse. A bonus special thanks to Mr. Van Dyke for listening to my random philosophical epiphanies along with my existential crises.
Quote: "No." - Rosa Parks

JEROME SAYEUR

Nickname: Réjome
Where from: Amos QC
At Stanstead Since Grade: 10
Best Memory: Spring Dance 2022
Future Plans: Laugh even more.
What I've Learned: Any physics question can be answered by "It's relative."
Special Thanks: Thanks to my parents for supporting me in everything I do and thanks to my teachers for not being too mad at me for talking in class all the time. Also Thank you for the music.
Quote: To read a good quote, see Yearbook class of 2023 under Jerome Sayeur's picture.

WILLS SEAGRAVE

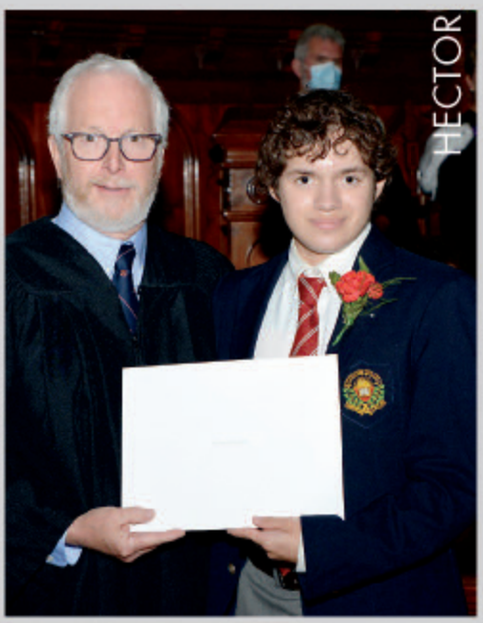
Where from: Ownes Cross Roads, A
At Stanstead Since Grade: 11

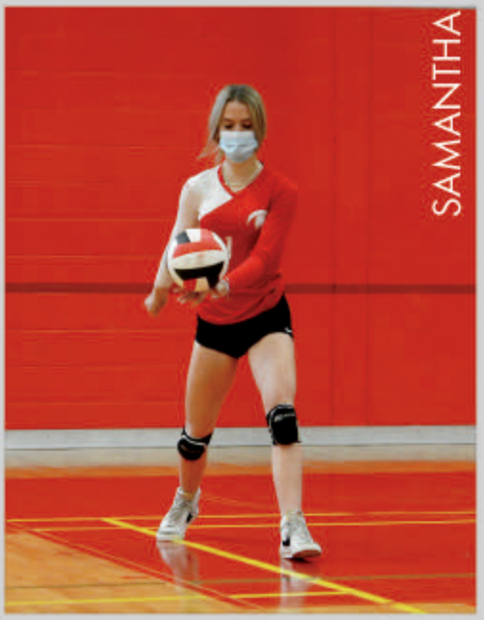
HECTOR SEPULVEDA

Where from: Cuernavaca, Mexico
At Stanstead Since Grade: 10

HAOKANG SHEN

Nickname: Buddy
Where from: Shanghai, China
At Stanstead Since Grade: 8
Best Memory: Grade 11
Future Plans: Live a Normal Life
What I've Learned: Do not expect miracles
Special Thanks: Everyone who has helped me
Quote: "Think different." – Apple





SAMANTHA SIMPKINS

Where from: La Quinta, CA
At Stanstead Since Grade: 11

ETHAN SKARA

Where from: Caledon, Ont.
At Stanstead Since Grade: 10

ZACHARY SOIFER

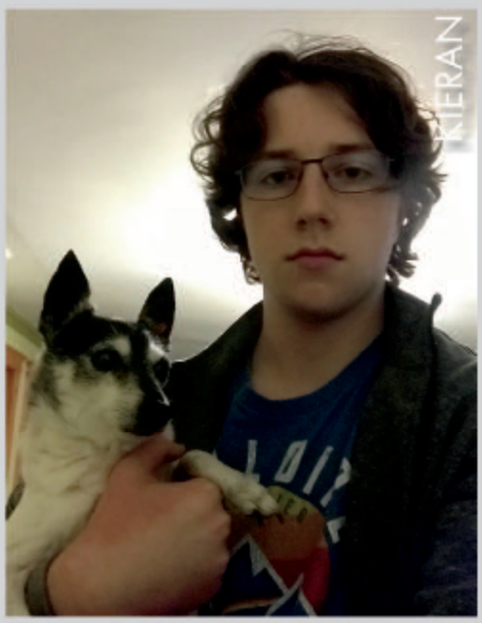
Nickname: Soif
Where from: Ottawa Ontario
At Stanstead Since Grade: 11
Best Memory: No Sleep Minnesota trip
Future Plans: Be the next Bill Gates
What I've Learned: Always get to the tuck shop first
Special Thanks: Roger Marino
Quote: "I bench 225"

MEIQI SUN

Nickname: Maggie
Where from: Shanghai, China
At Stanstead Since Grade: 9
Best Memory: All the days without tests, quizzes and exams
Future Plans: Study hard
What I've Learned: How to use a washing machine and a dryer
Special Thanks: To all my friends and teachers
Quote: "Carpe diem"

KIERAN TEMPLEMAN

Nickname: Kieranald McDonald
Where from: Nantes, France
At Stanstead Since Grade: 7
Best Memory: When Mr Wells made the announcement saying I could have long hair
Future Plans: I don't plan the future, the future plans me
What I've Learned: That the mitochondria is the powerhouse of the cell
Special Thanks: Dom and Justin, been real ones since day one
Quote: "The second you care too much about losing is the moment you'll never win again."



JACK TREACY

Nickname: Trace
Where from: Stouffville, Ontario
At Stanstead Since Grade: 11
Best Memory: Winning nationals with the boys
Future Plans: Come back next year
What I've Learned: Leafs always disappoint :(
Special Thanks: Protein and Creatine, Davis house Directors
Quote: "Is the French exam in French?" - Wills Seagrave

XIMENA VELASCO HERNANDEZ

Where from: Mexico City
At Stanstead Since Grade: 11

LYDIA WALSH

Nickname: Lydia
Where from: London, England
At Stanstead Since Grade: 11
Best Memory: Hockey road trips and hanging out with my friends.
Future Plans: Do my grade 12 at Stanstead and then play college hockey in the US.
What I've Learned: How to order a fork in French.
Special Thanks: To Ahrianne for believing in my French skills (sometimes).
Quote: "Nooooaaaaawwwww"

XINYUE WANG

Nickname: Lucy, Lucyytta (credit to Georgiyaa) & zhuzhu
Where from: Bejing -> Vancouver -> Montreal
At Stanstead Since Grade: 8
Best Memory: A lot, most of them are with AL
Future Plans: Make a lot of money ;)...and be with the ones I love.
What I've Learned: Love yourself
Special Thanks: To all that taught me something. And to the special one who watched the first ever shooting star in my life with me, and later forever brightens my world.
Quote: "You are precious."

SIENA WEBSTER

Nickname: Sisi
Where from: Montreal
At Stanstead Since Grade: 10
Best Memory: First day of school and greeting all the new girls into Webster House.
Future Plans: Becoming an interior designer and travelling the world
What I've Learned: In order to make things happen you cannot sit around and do nothing. I've learned to take action on the things I want to see happening at school and for myself.
Special Thanks: To all my friends for making class so much fun and to my teachers for being so kind inside and outside of the classroom.
Quote: "A negative mind will never give you a positive life"

LIAM **WILSON**

Where from: Houston, TX
At Stanstead Since
Grade: 10

WANG HEI **YUNG**

Nickname: Ryan, Riri
Where from: Hong Kong
At Stanstead Since
Grade: 10
Best Memory: Scoring full marks in five tests in a row
Future Plans: Enjoy my life and have fun
What I've Learned: Not to throw rocks next to others
Special Thanks: Everyone who treated me nice
Quote: "Never give up until the last second."

YUCHENG **ZHANG**

Nickname: Austin
Where from: Shangha, China
At Stanstead Since Grade:
10

Logan Béasse
Cédric Beauregard
Laura Bellini
Ariela Boltvinik Palacios Roji
Stéphanie Bourque
Ferdinand Burghart
Yu Shan (Gordon) Chan

Yi-Ting (Silvia) Chiang
Jorge Correia
Anika Curri
Neva DeBlois
William Dee
Eliott Désautels
Ariadna Duran Bernal

Victoria Fernandez Garcia
Benoit Forget
Nathan Garnier
Jordan Gilbertson
Gracie Gilkyson
Charles Goudreau
Tristan Grandsire

Elle Guntner
Rihito Hamano
Yunqi(Amy) Hu
David Wei Huang
Denzel Ibariza
Aksel Jalojarvi
Yuxuan (Albert) Jiang

Amelia Kennedy
Goh Konno
Emma Kreisz
Moritz Lackner
Rosemary Lefebvre
Maya Leroux
Zheyuan (Leo) Li

Huixin (Crystal) Lin
John (Jack) Lippmann
Gabriel Maitre
Jonathan McDonnell
Xiang Rui (Kevin) Meng
Elmeri Mikkola
Chaka-Benjamin Ntumba-Muntu

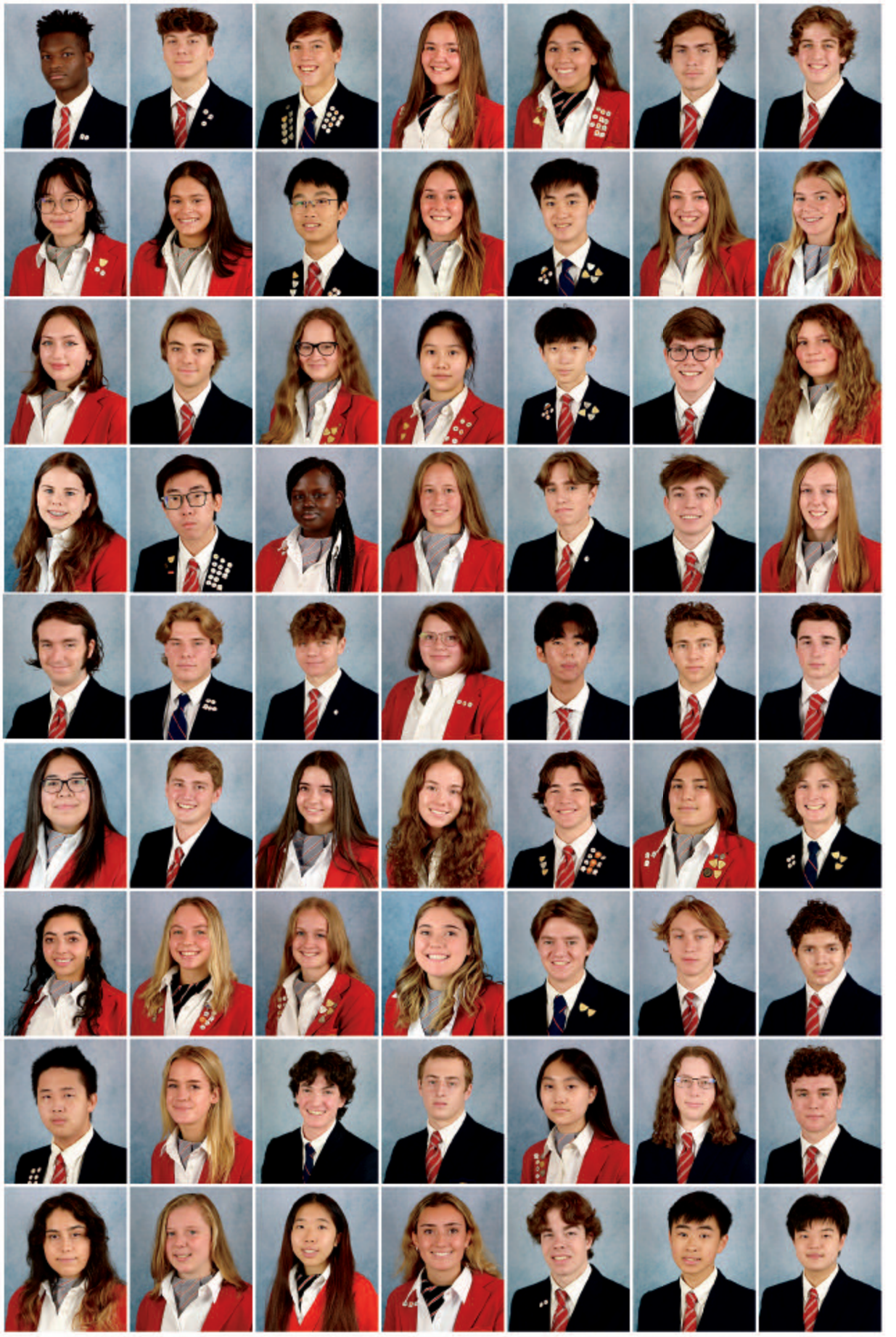
Sofia Paradis
Lisa Patenaude
Maximiliano Pedicelli
Mégane Pilon
Hayden Pimm
Camille Richard
Joseph Riddell

Erika Roy
Riho Sasamoto
Alice Sauriol
Léonie Sayeur
Tianzhen (Jason) Shao
Yuchen (Leo) Shi
Yuzhe (Kevin) Shi

Liam Steele
Georgia Steenbakkers
William Tario
Yoan Torello
Denis Vittenberg
Svenja Voigt
Delaney Walsh

Xiaoyi (Joel) Xu
Elijah Young
Xinyu (Cynthia) Zhang

GRADE 12



Eli Antoine
Lorenzo Bono
Justin Bouchard
Krystine Breton
Maria Teresa Calva-Xolalpa
Bruce Campbell Gutierrez
Liam Carroll

Wai Chung (Rachel) Chan
Valentina Chapoy Olavarrieta
Jiyuan (Eric) Cui
Vivian Dahms
Shicheng (David) Dong
Daphney Dozois
Mia Eichholzer

Kate Emms
Félix Fortier
Elisabeth Godbout
Tongyao (Amanda) Gu
Xinyang (Howard) Gu
Jan Haars
Maria Hatzidakis

Florence Henrichon-Goulet
Taohong (Kevin) Hu
Lysa Kabirigi
Gerda Kleinekampmann
Marcus Krats
Luca Laliberté
Arianne Leblanc

Thomas Leblanc
Benjamin Leclerc
Jakub Linet
Shawna Lyonnais
Xingda (David) Lyu
Caleb MacDonald
Ondrej Marton

Shannelle Moar
Ian Nicholson
Maria Victoria Oliver
Béatrice Perron-Roy
Dominic Pokora
Karel Préfontaine
Antoine Rémillard

Ana Rojo Hamue
Elodie Roy
Simone Ruf
Julia Rutenberg
Jérôme Sayeur
Ronald (Wills) Seagrave
Hector Sepulveda

Haokang (Buddy) Shen
Samantha Simpkins
Ethan Skara
Zachary Soifer
Meiqi (Maggie) Sun
Kieran Templeman
Jack Treacy

Ximena Velasco Hernandez
Lydia Walsh
Xinyue (Lucy) Wang
Siena Webster
Liam Wilson
Wang Hei (Ryan) Yung
Yucheng (Austin) Zhang

GRADE 11

Jamie Arsenault
Alexia Aubin
Saskia Bahr
Tyler Battah
Katharina Berger
Rosalie Bouchard
Zev Brown

Braden Chastanet
Isabela Covelo Sant'Anna
Ellie French
Trofim Godochkin
Anaïs Grappe
Chaz Grenier
Jingyu (Thea) Guan

Alejandro Gutierrez Lomeli
Shun Hatano
Alexandra Hoch
Emiliano Ibarra Giovanini
Yeeun (Ellie) Jang
Zander Johansson
Ryan Johnson

Yile (Tony) Ju
Zofia Kaczynska
Marlene Kaiser
Halle Khane
Dora Kleinekampmann
Presley Langevin
Adam Larsson

Kelly-Anne Leith
Jeremy Leroux
Madeline Lippmann
Dahui (Allen) Liu
Zhiyou (Joe) Liu
Mauricio Lopez Sanchez
Zachary Maheu

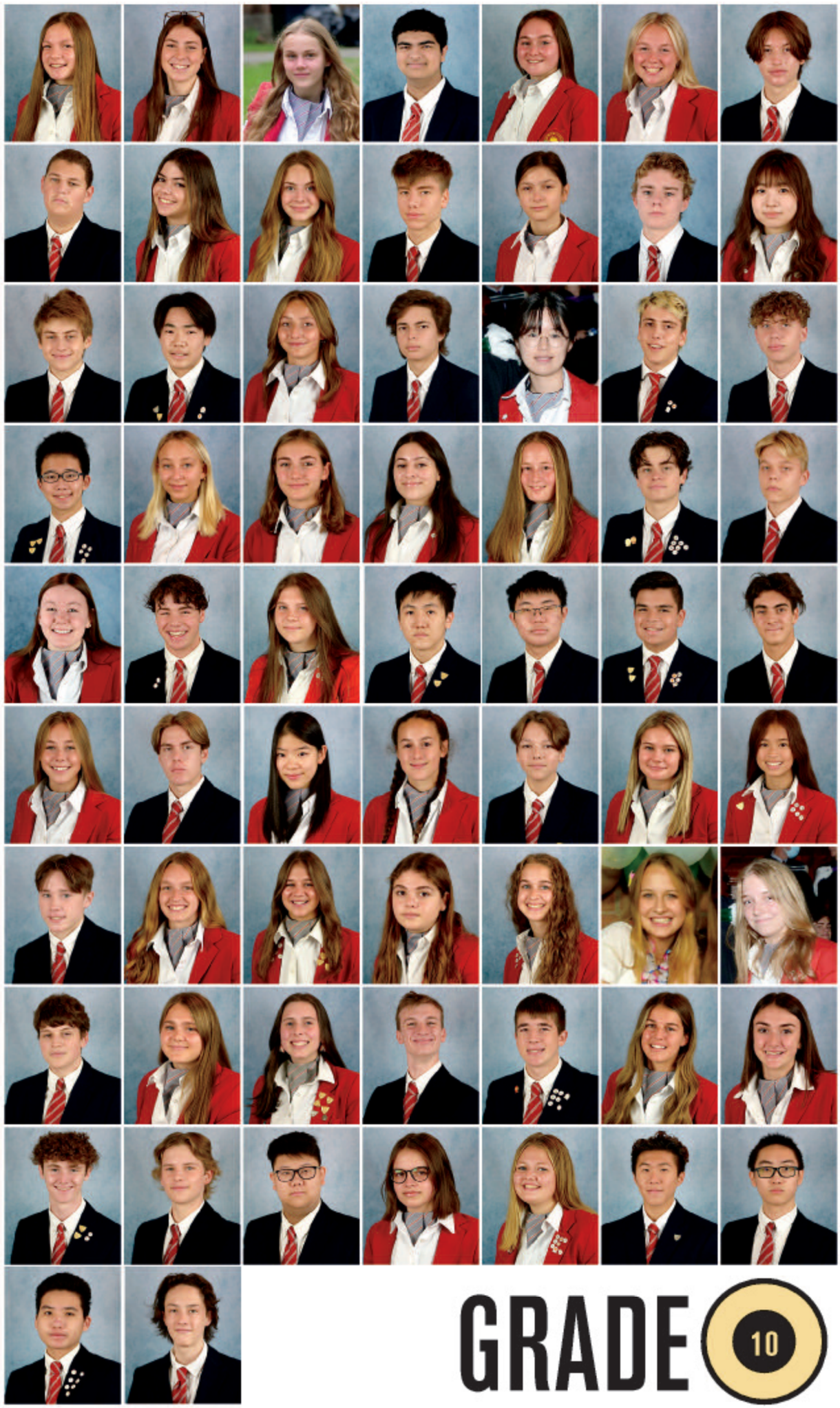
Camryn Moore
Tomas (Nylie) Nyberg
Kiho Okazawa
Darlene Ouimette
Matteo Paradis
Madelyn (Maddy) Pears
Lana Peasley

Jaxon Pierce
Maélie Pion
Gloria Riddell
Mayka Rodriguez
Béatrice Ruf
Luisa Schaumann
Julia Schunicht

Benjamin Smith
Quinn Smits
Avah St-Pierre
Raphael Tellier
William Towner
Joliane Tremblay
Maxim Tremblay

Anderson Smyth-Trider
Juho Virtanen
Linyu (Lam) Wang
Amelie Wiebalck
Hayley Wolfe
Sumlong (Summer) Wong
Junyi (Victor) Wu

Jiaxuan (Jacky) Xu
Rylee Yip



GRADE 10

Patricio Ayala Medina
Junyoung (James) Bae
Bo Bailey
Mason Béasse
Jules Butler
Noah Cloutier
Noémie Cloutier

Annabelle Cormier
Luke DeLaBruere
Sandro Dupraz
Borys Frenkel
Alexa Gagné
Zifan (Xavier) Gan
Arielle Houde

Emilia Humara Morelos Zaragoza
Jose Humara Morelos Zaragoza
Josh-Isaac Jeune
Melissa Kakayuk
Pak Lei (Maxton) Lam
Annie LaMantia
Will-Antoine Laplante

Christopher Leclerc
Kayla Lee
Valerie Lin
Reagan Lynch
Emma MacIntyre
Sofia Martinez Ajzenman
Luis Moran Ruiz

Ren Nakamura
Iain Olsen
Noah Papillon
Nyakah Pierre
Leonardo (Len) Richardi
Emilia Stone
Alina Szemioth

Gonzalo Tapia Cardenas
Yuhe Wang
Deanna Wright

GRADE 9

Enrui (Eric) Zhang
Zhujia (Johnny) Zhang

Saif Alexander-Pardhan
Miranda Angel Garcia
Mia Barrios Alvarez
Santiago Bojalil Moheno
Zoe Charland
Paula De la Rosa Gutierrez
Ana Gonzalez Gonzalez

Liam Huckins
Maddyn Labor
Penelope Lavoie
Yutong (Melanie) Li
Joshua Lippmann
Oluwatamilore (Tammy) Osibanjo
Jose Palacio Echenique

Agustin Palacios Roji
Gabriel Poitras
Henry Riddell
Joseph Ruf
Jose Emilio Suarez Aguiar

Rosalie Tremblay
Tao (Riley)) Xu
Wenxi (Cindy) Zhao

GRADE 8

Keira Curtis
Noah Grenier
Zoey Keefe
Sarah Leasure
Stanley Lin
Roger Roger Marcoux
Sara Martinez Ajzenman

Josuke Masuda
Jane Rodi
Liam Sumun
Shanmei (Katie) Zhang

GRADE 7

WEBSTER

HOUSE

HOUSE DIRECTORS

JILLIAN HARKNESS

House Director

ANA PAJOVIC

Assistant House Director

DAVIS

HOUSE

HOUSE DIRECTORS

ADAM SPIRK

House Director

SIMON WINQUIST

House Director

COWEN

HOUSE

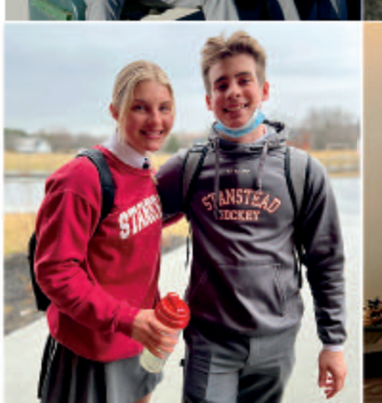
HOUSE DIRECTORS

SHANNON PIMM
House Director
(girls)

THOMAS PEASLEY
House Director
(boys)

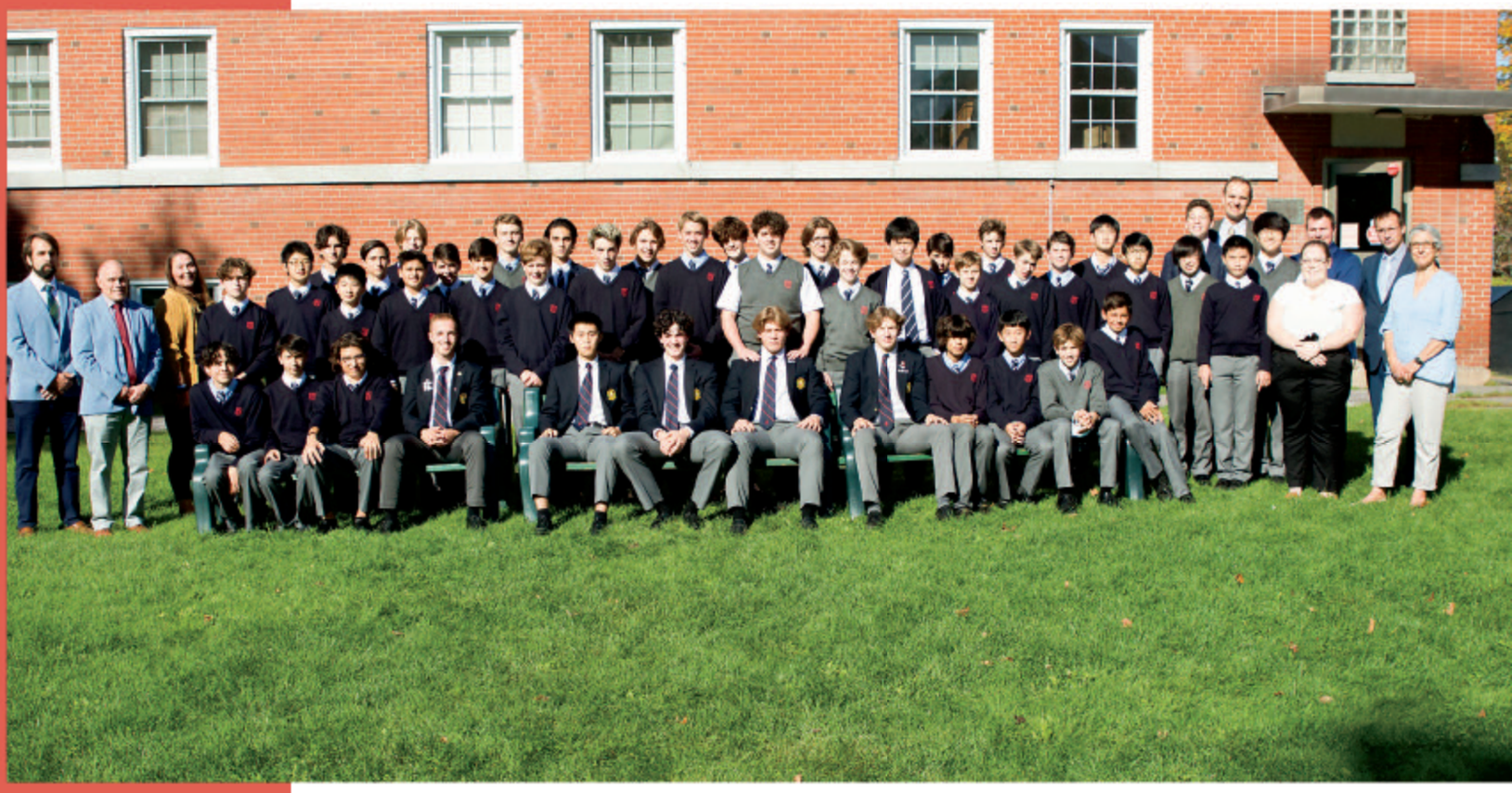
LADONNA LAMONTH
Ass't House Director
(girls)

COURTNEY TOUGAS
Ass't House Director
(boys)



BUGBEE

HOUSE



HOUSE DIRECTORS

MAGALI GAGNON

House Director

ALLIE FRASER

Ass't House Director

ERICA MASOTTO

Ass't House Director

ART at SC

clubs

Thursday afternoons

SMILES CLUB

Valentina Chapoy Olavarrieta, Amy Hu, Zofia Kaczynska, Emma Kreisz, Melanie Li, Roger Roger Marcoux, Josuke Masuda, Gabriel Poitras, Mayka Rodriguez Vasquez, Ana Rojo Hamue, Liam Sumun, Svenja Voigt, Cindy Zhang

community service

Chinese club

Annie LaMantia, Sarah Leasure, Stanley Lin, Valerie Lin, Leo Shi, Lucy Wang, Rylee Yip

CROSSWORDS

Henry Riddell, Ben Smith, William Towner,

Reading

Miranda Angel Garcia, Thea Guan, Kayla Lee, Kiho Okazawa, Katie Zhang, Cindy Zhao

Fencing

Ferdinand Burghart, Gordan Chan, Noah Grenier, David Huang, Maelie Pion, Kevin Shi, Rosalie Tremblay

Miranda Angel Garcia, Jamie Arsenault, Patricio Ayala Medina, Mia Barrios Alvarez, Mason Beasse, Cedric Beauregard, Laura Bellini, Stephanie Bourque, Jules Butler, Liam Carroll, Zoe Charland, Silvia Chiang, Noah Cloutier, Noemie Cloutier, Annabelle Cormier, Jorge Correia, Isabela Covelo Sant'Anna, Eric Cui, Anika Curri, Paula De la Rosa Gutierrez, Neva DeBlois, William Dee, Luke DeLaBruere, David Dong, Alexa Gagne, Nathan Garnier, Jordan Gilbertson, Gracie Gilkyson, Ana Gonzalez Gonzalez, Charles Goudreau, Tristan Grandsire, Amanda Gu, Howard Gu, Thea Guan, Rihito Hamano, Arielle Houde, Kevin Hu, Liam Huckins, Emilia Humara Morelos Zaragoza, Jose Humara Morelos Zaragoza, Denzel Ibariza, Aksel Jalojarvi, Amelia Kennedy, Moritz Lackner, Justin Lanctot, Penelope Lavoie, Christopher Leclerc, Kayla Lee, Rosemary Lefebvre, Maya Leroux, Jakub Linet, Jack Lippmann, David Lyu, Emma MacIntyre, Gabriel Maitre, Sofia Martinez Ajzenman, Ondrej Marton, Jonathan McDonnell, Kevin Meng, Elmeri Mikkola, Chaka Ntumba-Muntu, Iain Olsen, Jose Miguel Palacio Echenique, Luis Alberto Moran Ruiz, Noah Papillon, Beatrice Perron-Roy, Megane Pilon, Karel Prefontaine, Camille Richard, Erika Roy, Joseph Ruf, Riho Sasamoto, Alice Sauriol, Buddy Shen, Georgia Steenbakkers, Maggie Sun, Alina Szemioth, Jack Treacy, Anderson Trider, Joliane Tremblay, Rosalie Tremblay, Denis Vittenberg, Delaney Walsh, Deanna Wright, Joel Xu, Elijah Young, Austin Zhang, Katie Zhang

board games

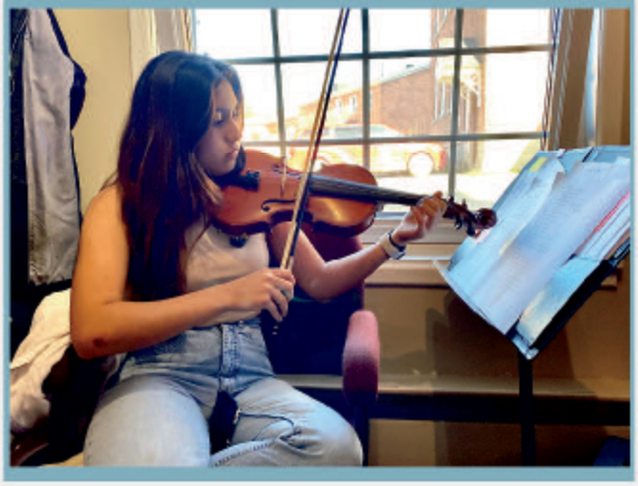
Alexia Aubin, Mia Barrios Alvarez, Katharina Berger, Rosalie Bouchard, Jules Butler, Bruce Campbell Gutierrez, Gordon Chan, Zoe Charland, Braden Chastanet, Jorge Correia, Keira Curtis, Luke DeLaBruere, Chaz Grenier, Noah Grenier, Jan Haars, Shun Hatano, Alexandra Hoch, David Huang, Josh-Isaac Jeune, Zander Johansson, Ryan Johnson, Melissa Kakayuk, Zoey Keefe, Halle Khanna Marcus Krats, William Laplante, Luca Laliberté, Chris Leclerc, Stanley Lin, Joshua Lippmann, Madeline Lippmann, Allen Liu, Camryn Moore, Iain Olsen, Noah Papillon, Madelyn Pears, Lana Peasley, Maelie Pion, Leonardo Richardi, Henry Riddell, Mayka Rodriguez Vasquez, Kevin Shi, Ben Smith, Emilia Stone, Liam Sumun, William Towner, Maxim Tremblay, Anderson Trider, Ximena Velasco Hernandez, Hayley Wolfe, Summer Wong, Riley Xu, Ryan Yung, Eric Zhang

Pottery

Ariela Boltvinik Palacios Roji, Zoe Charland, Jordan Gilbertson, Chaz Grenier, Rihito Hamano, Shun Hatano, Alexandra Hoch, Zander Johansson, Ryan Johnson, Amelia Kennedy, Marcus Krats, Luca Laliberte, William Laplante, Penelope Lavoie, Arianne Leblanc, Tomas Nyberg, Noah Papillon, Madelyn Pears, Hayden Pimm, Jason Shao, Ethan Skara, Georgia Steenbakkers, William Towner, Rosalie Tremblay, Anderson Trider, Lydia Walsh, Katie Zhang, Cindy Zhao

soundtrax

Logan Beasse, Santiago Bojalil Moheno, Zev Brown, Maria Teresa Calva-Xolalpa, Xavier Gan, Zander Johansson, Thomas LeBlanc, Leo Li, Crystal Lin, Reagan Lynch, Agustin Palacios Roji, Hayden Pimm, Elodie Roy, Avah St-Pierre, Liam Steele, Kieran Templeman



junior leadership

Saif Alexander-Pardhan, Justin Bouchard, Sarah Leasure, Tammy Osibanjo, Gabriel Poitras, Julia Rutenberg, Cynthia Zhang

classic films

Borys Frenkel, Goh Konno, Adam Larsson, Hector Sepulveda, Raphael Tellier. Joliane Tremblay

dance

Saskia Bahr, Laura Bellini, Rosalie Bouchard, Neva DeBlois, Benoit Forget, Lysa Kabirigi, Melissa Kakayuk, Amelia Kennedy, Maya Leroux, Joseph Riddell, Jane Rodi, Erika Roy, Leonie Sayeur, Julia Schunicht, Emilia Stone, Yoan Torello, Maxim Tremblay, Katie Zhang

SEWING CLUB

Maddyn Labor, Tammy Osibanjo

Podcast

Keira Curtis, Mia Eichholzer, Kate Emms, Maria Hatzidakis, Zoey Keefe, Siena Webster

Colouring

Mia Eichholzer, Maria Hatzidakis

TEDx

Mia Eichholzer, Kate Emms, Shun Hatano, Maria Hatzidakis, Florence Henrichon-Goulet, Halle Khanna, Rosemary Lefebvre, Madeline Lippmann, Camryn Moore, Ian Nicholson

Archives

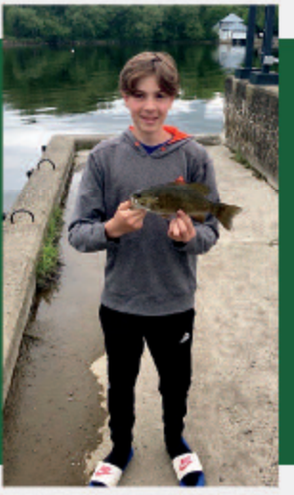
Beatrice Ruf

knitting

Alexia Aubin, Rosalie Bouchard, Rachel Chan, Lysa Kabirigi, Emma MacIntyre, Nyakah Pierre, Maelie Pion, Beatrice Ruf, Maxim Tremblay

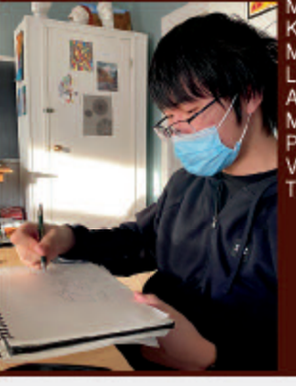
fishing

David Dong, Chaz Grenier, Liam Huckins, Zander Johansson, Gabriel Poitras, Joseph Ruf, Buddy Shen, Joel Xu



cooking

Katharina Berger, Noemie Cloutier, Annabelle Cormier, Ana Gonzalez Gonzalez, Alexandra Hoch, Emilia Humara Morelos Zaragoza, Emma Kreisz, William-Antoine Laplante, Adam Larsson, Penelope Lavoie, Arianne Leblanc, Emma MacIntyre, Luis Alberto Moran Ruiz, Tammy Osibanjo, Madelyn Pears, Luisa Schauman, Jose Emilio Suarez Aguiar, Juho Virtanen, Lydia Walsh



ART

Alexia Aubin, James Bae, Justin Bouchard, Paula De la Rosa Gutierrez, Ariadna Duran Bernal, Kate Emms, Victoria Fernandez Garcia, Ellie French, Borys Frenkel, Xavier Gan, Elisabeth Godbout, Trofim Godochkin, Amy Hu, Emilia Humara Morelos Zaragoza, Zofia Kaczynska, Halle Khanna, Kelly-Anne Leith, Melanie Li, Madeline Lippmann, Joe Liu, Shawna Lyonnais, Gabriel Maitre, Sara Martinez Ajzenman, Shannelle Moar, Camryn Moore, Matteo Paradis, Sofia Paradis, Matteo Paradis, Gloria Riddell, Mayka Rodriguez Vasquez, Ana Rojo Hamue, Kieran Templeman, Siena Webster, Cindy Zhao

events/animation

Cedric Beauregard, Ariela Boltvinik, Lorenzo Bono, Maria Teresa Calva-Xolalpa, Liam Carroll, Valentina Chapoy Olavarrieta, Jorge Correia, Vivian Dahms, Daphney Dozois, Benoit Forget, Elle Guntner, Presley Langevin, John Lippmann, Shawna Lyonnais, Caleb MacDonald, Ian Nicholson, Victoria Oliver, Sofia Paradis, Lisa Patenaude, Maximiliano Pedicelli, Antoine Remillard, Joseph Riddell, Julia Rutenberg, Leonie Sayeur, Ronald Seagrave, Ethan Skara, Liam Steele, Yoan Torello, Siena Webster, Liam Wilson

PRIDE

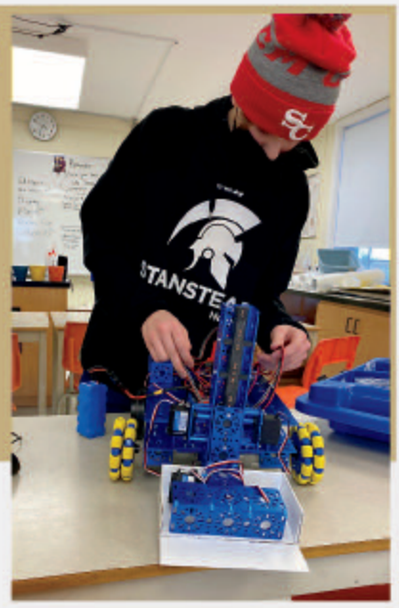
Logan Beasse, Rachel Chan, Keira Curtis, Elle Guntner, Florence Henrichon-Goulet, Lysa Kabrigi, Annie LaMantia, Sarah Leasure, Lisa Patenaude, Cindy Zhang

INVESTMENT

Eli Antoine, Patricio Ayala Medina, Santiago Bojalil Moheno, Zev Brown, Ferdinand Burghart, Vivian Dahms, Sandro Dupraz, Felix Fortier, Alejandro Gutierrez Lomeli, Rihito Hamano, Emiliano Ibarra Giovanini, Marcus Krats, Moritz Lackner, Ben Leclerc, Jeremy Leroux, Mauricio Lopez Sanchez, David Lyu, Caleb MacDonald, Zackary Maheu, Chaka Ntumba-Muntu, Jose Miguel Palacio Echenique, Jaxon Pierce, Wills Seagrave, Samantha Simpkins, Zachary Soifer, Jose Emilio Suarez Aguiar, Gonzalo Tapia Cardenas, Will Tario, Juho Virtanen, Rylee Yip

ROBOTICS

James Bae, Noah Grenier, Alejandro Gutierrez Lomeli, Valerie Lin, Roger Roger Marcoux, Gabriel Poitras, Jason Shao, Kevin Shi, Lam Wang,Victor Wu,



Patricio Ayala Medin, Bo Bailey, Saskia Bahr, Mia Barrios Alvarez, Tyler Battah, Santiago Bojalil Moheno, Bruce Campbell Gutierrez, Gordon Chan, Eliott Desautels, Ariadna Duran Bernal, Anais Grappe, Thea Guan, Elle Guntner, Jan Haars, Kevin Hu, David Huang, Jose Humara Morelos Zaragoza, Denzel Ibariza, Emiliano Ibarra Giovanini, Ellie Jang, Albert Jiang, Tony Ju, Zofia Kaczynska, Marlene Kaiser, Gerda Kleinekampmann, Dora Kleinekampmann, Luca Laliberte, Maxton Lam, Kayla Lee, Crystal Lin, Joshua Lippmann, Allen Liu, David Lyu, Josuke Masuda, Luis Alberto Moran Ruiz, Ren Nakamura, Kiho Okazawa, Victoria Oliver, Tammy Osibanjo, Jose Miguel Palacio Echenique, Agustin Palacios Roji, Ana Rojo Hamue, Julia Schunicht, Samantha Simpkins Ximena Velasco Hernandez, Delaney Walsh, Yuhe Wang, Amelie Wiebalck, Riley Xu, Jacky Xu, Ryan Yung, Eric Zhang, Johnny Zhang

Spectrum

Krystine Breton, Tony Ju, Shawna Lyonnais, Simone Ruf, Victor Wu, Jacky Xu

FARM club

Jack Lippmann, Max Pedicelli, Jerome Sayeur, Ethan Skara, Liam Steele,

LEARN TO SKATE

Christopher Leclerc, Iain Olsen, Darlene Ouimette, Dominic Pokora, Buddy Shen, Quinn Smits, Yuhe Wang

home maintenance

In the news

Mrs. Carruthers Named Next Head of School

In March, Mrs. Carruthers was named the next head of school, the first woman to hold the position in the school's 150-year history. She will also be the first Townships-born head since Dr. Charles Flanders (1893-1908).

Mrs. Carruthers will assume the position at the end of the 2022-23 school year when current head of school Michael Wolfe plans to retire.

Mrs. Carruthers began in the Admissions Office in 1995 and was Director of Admissions from 2005 until 2021. In 2019, she was appointed associate head of school, helping to oversee the day-to-day operations of the College. In 2019-20, she served as acting head during Mr. Wolfe's sabbatical. In addition, she is married to a Stanstead College alumnus (Bryan 1980) and is mother to two alumni (Lyanne 2015, Tyler 2020).

Mrs. Carruthers was also the president of the Small Boarding Schools Association for six years, the first Canadian to hold the position.

Spartans Help Team Canada U18 Earn Gold

On June 13, Team Canada secured the gold in the International Ice Hockey Federation Ice Hockey (IIHF) U18 Women's World Championship in Wisconsin. Spartans Karel Préfontaine and Alexia Aubin were key players in Canada's 3-2 win over the Unites States.

Opening the scoring for Team Canada was none other than our very own Alexia Aubin. Just five minutes into the game, Alexia parked herself in front of the net on the power play. Ava Murphy took a shot from the blue line that was deflected not once, but twice. Alexia had the final tip to bring Canada to a 1-goal lead over USA.

Late in the second period, Canada had an odd man rush. Karel was able to snag the rebound for another quick shot to Jocelyn Amos, who knocked the loose puck in the net. This third goal for Canada would ultimately prove to be the game-winner, with USA battling back to make it 3-2 for Canada at the final buzzer.

The pair not only had an outstanding gold medal game but their presence was felt throughout the whole tournament, each coming out with a plus/minus of +3. Alexia grabbed 5 points (1G 4A), while Karel had 4 points (1G 3A). In the semi-final game against Finland, Karel scored the game winner and received the Player for the Game for Canada.

Another notable performance was from Grade 12 varsity girls player, Svenja Voigt. Wearing #11 for Team Germany, she appeared in all 5 games and scored one goal in the 2-6 loss against Czech Republic. Germany ended the tournament in last place.

student life activities

PREFECT ORIENTATION

32 prefects arrived on campus prior to the other students to begin their year as student leaders with cooperation games, workshops and time getting to know each other and the expectations of the school.

OPENING WEEK

Students returned to Stanstead College on opening day with a record number of 270 students!

The increase in students can be attributed to a number of factors. A number of students who were accepted for the 2020-21 school year deferred their enrollment until this year, expecting school life to more closely resemble the pre-COVID experience. Secondly, Stanstead College has added a second girls hockey team, which has attracted a number of new U16 student athletes. Finally, Stanstead College had a successful 2020-21 school year, with no cases of COVID-19 on campus and a full academic and extracurricular program, and this likely led to positive word of mouth.

Prefects arrived on campus Monday September 6th and underwent two days of orientation before new students arrived on Wednesday. Arrivals were staggered throughout the day to allow a smooth move-in with limited contact between individuals. On campus, all students and visitors had to be masked when inside common areas.

Once moved in, new students participated in games and activities to introduce them to the school and their peers.

Returning students arrived to campus Thursday with classes beginning the following morning. Throughout the week and weekend, there were activities that encouraged all students a well as teachers to get to know each other, all following COVID-prevention guidelines.

As the school year began, Stanstead College expected to enjoy a full academic, athletic and student life program in accordance with public health guidelines and its own protocols.

SPARTAN FAIR

In lieu of the traditional "day at the lake/camp," there were games and activities on campus.

GLOW NIGHT

ADVISEE GROUP SPARTAN RACE

Students were put to the test in their advisee groups, running a race around the campus with skill-testing physical feats and puzzles. This was followed by barbecues at the advisors' homes and apartments.

TERRY FOX RUN

Bantam boys: Agustin Palacios, Noah Grenier, Liam Sumun, Gabriel Poitras - 12 laps
Junior boys: Adam Larsson - 16.25 laps
Junior girls: Avah St-Pierre - 11 laps
Senior girls: Lisa Patenaude - 11 laps
Senior boys: Jack Lippmann, Antoine Rémillard and Chaka Ntumba-Munto - 16 laps
MVP: School nurse Sonia Perron - 22 laps!

FACULTY-PREFECT SOCCER

FINAL SCORE:
Prefects - Faculty
03 - 02

Pre-Game Hype
Mr. Mayor had an inspirational talk with his teammates before the game starts... This may have been the reason for their W.

Our Refs
Jorge Correia and Laura Bellini

HALLOWEEN

COSTUME WINNERS

BEST DUO/TRIO: Clueless , (Melissa, Deanna, Emilia)

BEST GROUP: Willie Wonka (Maya, Erika, Ariela, Max, Sofia, Neva, Liam)

October 2021
Regular assemblies resumed, as did assigned family-style lunches. Masks remained mandatory in classrooms. In Quebec, the number of COVID cases begins to climb again, particularly among unvaccinated elementary school children.

ORANGE SHIRT DAY

On September 30th, students and faculty wore orange shirts to show their support of the National Day for Truth and Reconciliation. It's a day to recognize and honour those who were sent to residential schools.

HAUNTED FOREST

Mr. G and the prefects worked together to create a blood-curdling haunted forest for Halloween. From creepy dolls to a family-style jump-scare, we saw it all!

PHOTO BOOTH

SPIRIT DAY

COVID RETURNS

December 2021
Upon return from a hockey tournament in Quebec City, one coach and two prep boys hockey players test positive. The team quarantines in the health centre (temporarily located in Alumni House). Later a member of the varsity girls hockey team tests positive and they quarantine as well, in the gym. Ultimately, two coaching staff members and six students would test positive. The health centre staff undertook the task of testing the entire school community with rapid tests. Because this occurred so close to the end of the term, students were given the option of returning home and completing classes online. Grade 12 exams were also optional and conducted online. After-school practices, assemblies and family-style lunches were cancelled.

January 2022
With infections from the Omicron variant continuing to surge, the Quebec government delays the opening of in-person classes. Stanstead College begins the year online, with international students arriving January 4 and following classes from their room, domestic boarders and day students returning to campus January 16 and 17. Sports practices resumed at school but competitions were cancelled. Meal times were staggered to reduce large gatherings and assemblies took place online. With the prevalence and virulence of Omicron, it became clear that it would no longer be if the school would see a case but when. Protocols were put in place to quarantine and isolate infected or exposed students, either at home (if possible) or on campus.

February-March 2022
Sports competition resumes in February. After the break, though, cases begin to increase quickly through the school. At the start of March, competition and off-campus activities are paused to allow the situation to settle. Thankfully, no one is terribly sick.

COVID LIVING
The varsity girls hockey team camped out in the Amaron Gym in December after a member of the team tested positive.

OUTDOOR RINK

With the Health Centre scheduled to be demolished, the traditional outdoor rink was out of commission. So our Maintenance crew braved the cold weather to create a homemade rink on the bantam soccer field. The new ODR was the centrepiece of our Winter Carnival. (See next page.)

Dress Up Day

COWEN HOUSE
High Fashion Theme

WEBSTER HOUSE
Pop Stars

DAVIS HOUSE
Cowboys

BUGBEE HOUSE
Superheroes

WINTER CARNIVAL

A WEEK IN HOLLYWOOD

Figure Skating Contest

The first ever Figure Skating Competition was on Saturday night at the ODR, and Webster House gracefully took the W with their amazing number to "Wrecking Ball" by Miley Cyrus.
Honorable mentions to Davis 10 ("Barbie Girl").

PINK SHIRT DAY

Students brought out the pink for the annual anti-bullying day

TWINS DAY

JUNIOR SCIENCE FAIR

Winners

Grade 7

1st Place: Noah Grenier and Liam Sumun

2nd Place: Jane Rodi

Grade 8

1st Place: Cindy Zhao

2nd Place: Saif Alexander-Pardhan

3rd Place: Liam Huckins

Grade 9

1st Place: Mason Beasse and Luke DelaBruere.

2nd Place: Annie LaMantia and Alexa Gagné.

3rd Place: Annabelle Cormier and Melissa Kakayuk

SPRING FORMAL

April/May 2022
As we returned from break, we continued to "live" with COVID-19 and the Omicron variant. But students were allowed to remove their masks when seated in class. Assemblies returned to the dining hall. By the end of April, the number of cases on campus had been reduced to only a few at a time. By mid-May, mask mandates were lifted for all public places in Quebec, including in schools.

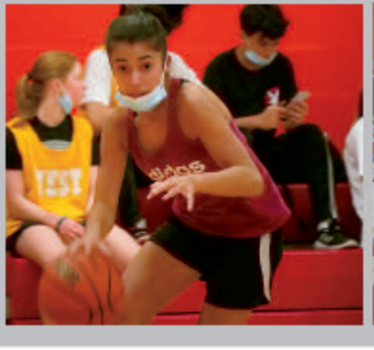
BYE-BYE HEALTH CENTRE

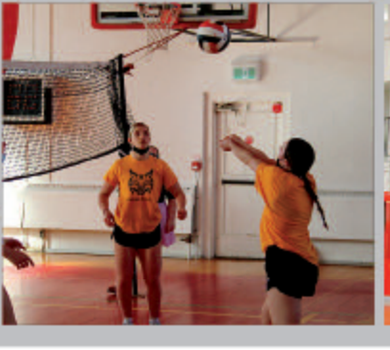
TO MAKE WAY for the new junior girls residence and the new wellness centre, the old health centre was torn down on April 1. The new buildings will be built starting next fall.

SPRING ALL-CAMPUS

After a week of competition, West held a strong lead. But the league championship would all be decided on All-Campus Day in June.

North 47
South 51
East 53
West 57





SCHOOL PLAY

ONCE UPON A HIGH SCHOOL

Fairy Tale World
Goldilocks: Ariela Roji
Magda: Avah St. Pierre
Cinderella: Quinn Smits
Petra: Rosemary Lefebvre
Rosamond: Florence Henrichon-Goulet
Gable: Jack Treacy
Little Red: Lana Peasley
Rumpelstiltskin: Lorenzo Bono
Rapunzel: Alina Szemioth
Prince Charming: Ben Leclerc
Gretel: Sofia Martinez
Snow White: Deanna Wright
Woodsman: Zachary Soifer
Mirror: Adam Spirk

Reality World
Melvin: Hayden Pimm
Stan: Caleb MacDonald
Tag: Megane Pilon
Spatter: Anika Curri
Randy: Gracie Gilkyson
Sadie: Ellie French
Bull: Aksel Jalojarvi
Hap: Saif Alexander-Pardhan
Slim: Sara Martinez
Irving: Jerome Sayer
Mercy: Alexa Gagné
Clemency: Kelly-Anne Leith
Principal Lewis: Hayley Wolfe
Student: Jesse McRae
Gordon: Liam Carroll
Danica: Reagan Lynch

"IT'S NOT YOU, IT'S ME.."
- Prince Charming

Production Team
Director: Nicki Campbell
Assistant Director: Steve Coughlin
Stage Managers: Jesse McRae, Maddie Labour
Make-Up & Hair: Allie Fraser, Laura Kirby, Paula Gutierrez, Kate Emms, Julia Rutenberg & Ana Hamue
Lighting: Steve Coughlin
Set Design & Construction: Michelle Bourque, Christopher Planetta
Costumes: Corinne Markon
Poster Design: Avah St. Pierre

WORLD BOOK DAY

To celebrate World Book Day, students and teachers dressed up as their favourite character, author, book title or literary device. We also read a total of 363 hours during the school day.

FAC-PREFECT

BASKETBALL

ANOTHER WIN FOR THE TEACHERS...

EASTER EGG HUNT

HOMECOMING

On May 14, Homecoming returned to campus after too long a pause. The day featured the official opening of the Christian Williams Art Centre as well as the unveiling of a mural and display in the Amaron Gym celebrating the history of football at Stanstead College. The day also included an exhibition game between Cowen House and Davis House, won by Davis in a shoot-out.

COMMUNITY
SERVICE AFTERNOON

On May 26, students and faculty spread out across campus and in the community (including Ayer's Cliff!) to dig, weed, clean and spruce up buildings.

ALL-CAMPUS DAY

Defending champs West hang on to win the league

GRADE 7 PROBABILITY GAMES

As part of their Math class, the Grade 7s invented and ran a number of games that explored the concept of probability.

HEAD(S) FOR THE DAY

A silent auction to raise funds for Ukranian refugees included the opportunity to be Head for the Day, purchased by Nathan, Moritz and Denzel, who commandeered the Head's Office and gave out a few hours along with Timbits for the Housekeeping and Maintenance staff and Mr. Winquist.

FAC-PREFECT SOFTBALL

THOSE TEACHERS JUST KEEP WINNING....

BIKE TO THE CLIFF

The Grade 8's participated in their science lab exam by bicycle. After completing their study of forces, motion and simple machines, they put it to the test with some practical experience on Le Sentier Nature Tomifobia all the way to Ayer's Cliff.

BEACH DANCE

SLIP -N- SLIDE

VARIETY SHOW

Spirk Nation, G, Dyke In Davis House by Raffi with a twist by Spirky
Valentina, G, Tere When I was Your Man by Bruno Mars
Ms Kirby, Dyke, Avah, Jason, Cindy Easy Silence by Dixie Chicks
Rosema, Ariela, Val, Tere Riptide by Vance Joy
Cindy, Crystal, Anais, Gerda, Thomas Mashup: Good Old Days & These Days by Macklemore & Rudimental
Grade 7, Tere, G, Dyke Another Brick in the Wall by Pink Floyd
Thomas Freestyle rap
Braden Standup
Cindy & Crystal & Max Sit Still Look Pretty by Daya
Reagan, G, Dyke, Zander Tequila by The Champs
Crystal, Max the Nurse, G, Tere, Cindy Wrecking Ball by Miley Cyrus
Kieran, Dyke, Elodie Hurt by Johnny Cash
The Finns Country Road by John Denver
The German Twins Dora&Gerda, G, Tommy, Summer the Drummer Be Somebody by Thousand Foot Krutch
Justin, Zander, G, Dyke, Tere Sweet Caroline by Neil Diamond
Mr. P Stand up
Laura & Neva The A Team by Ed Sheeran
Avah, Tere, Zander, Dyke, Elodie Mean by Taylor Swift
Mr. Coughlin Angel from Montgomery by John Prine
Siena, Tere, Zander, Dyke How to Save a Life by The Fray
Xavier Gan Lay me Down by Sam Smith
Thomas, Logan, Liam, Zander, Reagan Stacy's Mom by Fountains of Wayne
Grade 12s We'll Meet Again by Vera Lynn
Julia R Jar of Hearts by Christina Perri
Avah, G, Dyke, Zander Drivers License by Olivia Rodrigo
Charles, Nathan, Chaka Last Friday Night by Katy Perry
Thomas, Logan, G, Simone Come Together by The Beatles
Avah, G, Dyke, Zander Bad Guy by Billie Eilish
"Slim Xavy", Elodie, GDyke Productions, Zander, Tere Love the Way You Lie by Eminem & Rihanna

spartans athletics

Front: Joseph Riddell, Denis Vittenberg, Mr. Andre Simard (coach), Jack Lippmann, Jorge Correia, Dr. Jeffrey Standage (coach), Tristan Grandsire, Eli AntoineMiddle (L to R): Ryan Johnson, Bruce Campbell Gutierrez, Justin Bouchard, Eliott Desautels, Charles Goudreau, Gabriel Maitre, Denzel Ibariza, Liam Wilson, Jakub Linet, Hector Sepulveda
Back (L to R): Juho Virtanen, Adam Larsson, Chaz Grenier, Jan Haars, Ondrej Marton, William Towner, Trofim Godochkin, Tomas Nyberg, Jason Shao

SENIOR BOYS SOCCER

After last year's difficult situation and harshly reduced schedule, this fall soccer season was better, with an ETIAC league with fewer games but included play-offs. Unfortunately, the CAIS Tournament still did not resume play. Ever the welcoming staff, this year Doccy and I allowed all players interested at tryouts to remain with the program. With a few Grade 10 transfers and a couple of vaccine deadline late arrivals, we ended up with 25 roster players (only 18 could dress for each game). Ultimately, despite a few headaches, that decision helped all players improve individually and in terms of team development, making scrimmages full-sized and competitive.

The ETIAC league was composed of six teams, meaning five league games – one against each team. All teams made the play-offs under a new play-in 6@3-5@4 quarterfinal set-up (with 1 and 2 having a first round bye), then semis and finals. Our league record was 1-2-2 placing us in 4th overall. In all six ETIAC games we never scored more than (but never gave up more than) two goals - so our averages were GA - 1.50 and GF - 1.00.

We played well defensively thanks to solid defenders, mids getting back, and a great keeper, Ryan Johnson, who stole the show for us. Scoring was definitely our deficiency this season. In most games, we had so many more chances than our opponents, but could just not score goals. We were also unlucky. Very. On the road at MV, we led 2-0 at half, but a series of unfortunate events meant that the final score was 2-2 in the key final regular season game. Two days later, in the quarter-final, SC#4 played at home against the same team MV#5, with high hopes of a clear positive result. Again, despite many more chances, the game ended in a 1-1 tie after regulation. When OT also ended tied, we moved to PK's. Wow. I have never seen a 5-5 PK end with all players on both teams scoring – no saves, no misses, 10 solid PK's. Their 6th shooter made his, and ours took a great shot which their keeper saved. Unlucky. As a result, we were eliminated and lost our chance to advance to the semi and final. Salesien was undefeated in league and playoff games, beating all other teams by much bigger scores than the 2-0 result they posted over us (a saved-pk-rebound-goal and a fk goal) in our only contest.

Throughout the season we played and competed well, but could not score the extra goal or two that could have solidified our overall success.

To conclude the season, we played an exhibition jamboree at LCC in Montreal, where we played the whole roster with equal time.

Thanks to Doccy, Mr. Spirk, Mr. Faaiz, Mr. Vanasse and of the players for their effort and attitude during the season.

- Coach Simard

Front: Maya Leroux, Victoria Fernandez Garcia, Neva Deblois, Erika Roy, Sofia Paradis, Madeline Lippmann, Laura Bellini, Ariela Boltvinik Roji, Amelia Kennedy, Léonie Sayeur, Delaney Walsh
Back: Mr. Erik Van Dyke (coach), Maria Teresa Calva-Xolalpa (manager), Simone Ruf, Ana Paula Rojo Hamue, Camryn Moore, Joliane Tremblay, Siena Webster, Krystine Breton, Gloria Riddell, Valentina Chapoy Olavarrieta, Ms. Laura Kirby (coach); Missing: Lisa Patenaude

Simply put, no team I have ever coached, in any sport, IMPROVED as much as Sr Girls Soccer 2021. And in three distinct ways:

1) I've never witnessed this much individual improvement from a group of athletes, with no less than 8(!) players taking their game to a level this season that I did not see coming. It was a short season – only 7 weeks – so it is a testament to the girls that they improved their skills as much as they did.

2) Soccer-wise, our team positioning, lack of hesitation, and understanding of our system got so much better that, after tying Galt 2-2 earlier in the year, we beat them handily in the ETIAC finals (first championship trophy since 2014!). After those finals, multiple teachers and coaches told me, "I saw your team in September – it is unreal how much better they are." I hope the players understand that there is no higher praise than that. You can't control winning. But you CAN control how much you improve.

3) Most importantly, we improved as teammates, bonded towards a common goal, as young women getting to know each other through sport, through road trips and restaurants, winning and losing, donuts and sushi. In September you were random little groups of 1 or 2 people, on your own little islands, not even knowing how to celebrate goals together(!). But at the last practice you were playing indoor soccer and dancing together on the sidelines. You went from strangers in the halls, to sitting together at supper. From the worst, least intense game warmups I've ever seen, to the finals where you were all arms on shoulders swaying in a huddle with tears in your eyes. Nothing matters more than this. Years from now you may forget the how much we beat Galt by in the finals (5-2 btw!), but you'll never forget the memories you made with your teammates, most of whom you'd never even met before soccer season.

This was my first year back coaching after taking five years off, and I could not have asked for a more rewarding season – a heartfelt thank you to every single player for what you gave this year. Cherish the memories you made. And if your memory ever starts getting hazy, just come back to campus and visit the gym; that ETIAC Championship "bannière" will still be on the wall, with all of your signatures on it. Whose house? Yeah, our house.

Coaches Van Dyke & Kirby

ETIAC REGULAR SEASON and PLAYOFF CHAMPS

SENIOR GIRLS SOCCER

Front: Justin Lanctot, Christopher Leclerc, Luke Delabruere, Iain Olsen, Mauricio Lopez Sanchez, Matteo Paradis, Jules Butler, Gonzalo Tapia Cardenas, Mason Béasse
Back (L to R): Jose Guillermo Humara, Emiliano Ibarra Giovanini, Riley Yip, Luis Alberto Moran, Noah Cloutier, Bo Bailey, Andrew Dahms, Patricio Ayala Medina, Yuhe Wang, Mr. Duane Liverpool (coach); Missing: Len Richardi

JUNIOR BOYS SOCCER

For the longest time, I believed that winning was important. It took the words of a wise friend and a few years of maturing to realize that this may not be the case. I now believe firmly in the notion of FUN. Wouldn't it be FUN if we all took advantage of our opportunities, regardless of when they arise, to play?

On numerous occasions I heard it said that it is so nice to see the kids back out on the fields and courts and ice, so nice to see them in meaningful competition against another coloured jersey. While I couldn't agree more, I am mindful of not losing sight of what I now truly believe is important: FUN! In fact, if you wanted to, you could say that FUN was the theme for our season, which breaks down kind of like this:

- We had fun while earning our first-ever victory over perennial powerhouse Seminaire Salesien.
- We had fun speaking ENGLISH; and we also had fun running when we did not.
- We had fun watching Luis kick field goals about 20 feet above the bar . . . on a consistent basis.
- We had fun singing Katy Perry, Sean Mendes, and even a little JT, MY personal favorite, on bus rides home with our ever-growing bellies full of Mickey D's.
- We had fun learning, growing and improving.
- We had fun breaking it down . . . right, Mau?
- Lastly, I truly believe we had fun just being together and PLAYING!

To bring this full circle, in the end, we had fun, and everything else took care of itself. In the grand scheme of things, I can assure all of you that those games you won or lost or tied or played poorly or played well, they will not be the things you remember about your high school athletic career. The things you will remember, and rightfully so, are the moments, the FUN times, the relationships and life-long bonds that you are right now, at this time in your lives, creating with your peers. So, in closing I would encourage all of you in this room, players and coaches alike, to worry less about the outcome or results and focus more on belting out Katy Perry on the bus ride home! Congratulations to everyone on your efforts .

- Coach Liverpool

Front: Zoey Keefe, Rosalie Tremblay, Penelope Lavoie, Rosalie Bouchard, Darlene Ouimette, Lana Peasley, Noémie Cloutier, Béatrice Ruf, Quinn Smits
Middle: Mrs. Lisa Smith (coach), Arielle Houde, Annabelle Cormier, Alexandra Hoch, Marlene Kaiser, Maelie Pion, Ellie French, Nyakah Pierre, Mr. Thomas Peasley (coach)
Back: Keira Curtis, Emilia Humara, Paula De la Rosa, Avah St-Pierre, Alexa Gagné, Katharina Berger

JUNIOR GIRLS SOCCER

ETIAC REGULAR SEASON and PLAYOFF CHAMPS

This was my first year coaching the junior girls soccer team, and I really did not know what to expect after having only one exhibition game and barely enough players to make a senior team last year. When I showed up on the first day, counted over 20 players and heard that we would be having a season, I figured this would end up being a good year. I had no idea just how good!

We had a small core of returning players, an influx of girls from the prep girls hockey team, and several other players new to the team, which made for a very successful mix in the end. The question was, how to make this mix work, especially seeing how our first games were going to be at our home senior girls tournament?

I saw we were fast and hard working, so decided on a formation of four forwards, three midfielders, and three defence; a very aggressive and dangerous approach, but one we believed could work. We never changed our formation for the rest of the season.

Some results:
- At the senior girls tournament (a 9-team tournament): 7 goals for, 4 goals against, and a 3-1 record to come second overall
- Regular season and playoffs: 26 goals for; 6 against, with a 6-0 record. ETIAC Regular Season and Playoff Champs

How did we do this? A team that was coachable, worked together, worked hard, and supported each other regardless of skill level, age or social circles off the field. They were a simply great team to work with who most certainly deserved all of their success. It was a truly enjoyable season for both Mrs. Smith and myself. We hope to see many of our players back next fall!

- Coach Peasley

Front: Saif Alexander-Pardhan, Riley Xu, Gabriel Poitras, Joseph Ruf, Joshua Lippmann, Josuke Masuda, Noah Grenier
Back: Ms. Kyra Borsoi (coach), Jose Emilio Suarez Aguiar, Jose Miguel Palacio Echenique, Liam Huckins, Roger Marcoux, Santiago Bojalil Moheno, Henry Riddell

BANTAM BOYS SOCCER

This year, we started with just enough players to field a team. Although we won our first two games, there was much to learn. The boys quickly realized in our game against Salesien that being ball hogs wouldn't work out and actually passing to your teammates was a much better game plan.

Our last game might have been a loss, but it was some of the best soccer I had seen them play all year. We went into the game playing a formation they never practiced or even talked about before. Yet, they all knew exactly what they needed to do. They played a patient and disciplined defense and waited for the opponent to make a mistake. They truly looked like a veteran soccer team. We held Salesien 0-0 in that first half. Coming off the field I could see in each of their faces how excited and proud they were. In those moments they all believed in each other and in the team. It definitely will be a moment I will remember. Each of you should be proud of the season we had.

- Coach Borsoi

Front: Emilia Stone, Mia Eichholzer, Rachel Chan, Cynthia Zhang, Victoria Oliver, Samantha Simpkins, Sofia Martinez Ajzenman, Liam Sumun, Sara Martinez Ajzenman
Back: Ms. K. Reynolds (coach), Zackary Maheu, Reagan Lynch, Lucy Wang, Jérôme Sayeur, Antoine Rémillard, Cédric Beauregard, Borys Frenkel, Goh KonnoMissing: Joe Liu, Tony Jiu, Marcus Krat

CROSS-COUNTRY RUNNING

The team was a great group to work with. It was a rag tag group, quite the mixture, which created an interesting dynamic. We had the natural athletes, some beginners and others who were frankly there because they had to go somewhere. We began the season with 12 runners. Figured it was going to be manageable. A good hard-working group. We had Antoine, Jerome, Marcus, Emilia, Cindy and Lucy who were on the team previous years and already knew what they were doing and what to expect. We had Reagan, Liam, Cedric and Zack who were natural athletes and were already in great shape. Goh and Rachel who needed to work at it but were willing to do the work. Effort at it's best. Victoria and Sam joined after being released from other teams. They needed a push frequently. Then, we adopted Borys. Borys was transferred from outdoor pursuits as he was always wanting to run. I was tempted to transfer him back as he all of a sudden wasn't. The Martinez girls joined when they arrived on campus late after receiving their study permits; they had been doing some running on their own. Then Mia, Tony and Joe joined after they were fully vaccinated with two weeks left in the season. This made for a lot of adapting and working with beginner runners and having to switch up practices somewhat. We muddled through, making the best of the season that we could. Everyone worked to the best of their ability and got better as the season progressed. Overall, I am proud of what the team accomplished this season. Next year, we will step it up a notch and get practicing in the summer! Congratulations on a positive season to the team.

- Coach Reynolds

Front: Jane Rodi, Ximena Velasco Hernandez, Emma MacIntyre, Crystal Lin, Agustin Palacios Roji, James Bae, Ms. Amy Laroche (coach)
Back: Mr. Steve Coughlin (coach), Kieran Templeman, Dora Kleinekampmann, Ian Nicholson, Gerda Kleinekampmann, Zev Brown, Félix Fortier

ULTIMATE FRISBEE

We began the Ultimate season with a lot of personality and very little experience. As a team, we needed to learn the game from the basics of throwing and catching through to the rules of the game and strategic offensive formations. We practiced hard and played in many different kinds of weather. Six weeks after the season began, we were in the playoffs and holding a 6-4 lead over the top-seeded team in the league. Though we ended up losing that game, the progress that we had made as a team was clear: everyone was throwing, catching, cutting, and playing defense like veterans and like heroes. This was a great group of people drawn from grades 7-12, and they represented Stanstead College well throughout the entire season. We had a lot to learn, but we really rose to the challenge and made the season a real success.

- Coach Coughlin

Front: Maggie Sun, Anais Crappe, Miranda Angel Garcia, Kayla Lee, Riho Sasamoto, Sarah Leasure, Elle Guntner
Middle: Ms. Corinne Lalande-Markon (coach), Ren Nakamura, Kiho Okazawa, Julia Rutenberg, Lysa Kabirigi, Silvia Chiang, Ariadna Duran Bernal, Amelie Wiebalck, Tammy Osibanjo, Xavier Gan, Mr. Michael Wolfe (coach)
Back: Leo Li, Luca Laliberté, Jonathan McDonnell, Mika Olivieri, Ethan Skara, Joel Xu, Braden Chastanet, Victor Wu

BADMINTON

The momentum and popularity of badminton-- the world's fastest racquet sport--that took hold last year at Stanstead College carried over in to the fall of 2021 with 42 players joining the Spartans team.

Thanks to the excellent organizational skills of Ms. Markon, the birdies were furiously flying in both the Amaron and Mackay gyms each afternoon as each team member busily took part in a full schedule of activities including competitive tournaments, skills competitions and fun open sessions.

Congratulations to Riho Sasamoto and Braden Chastanet in winning our grand doubles tournament. Braden also emerged as our "King of the Court" champion.

It seems like such a simple thing, yet I wonder if there is really a better way to spend an afternoon than playing badminton with friends while the late autumn sun pours through the gym windows, with the seventies tunes on high volume and munching on ice cream cones waiting for a court to come open. These were special moments filled with smiles, good vibes and lasting memories. Thanks everyone.

- Coach Wolfe

Front: Leo Shi, Ryan Yung, Kevin Shi, Shun Hatano, Halle Khanna, Kate Emms, Jamie Arsenault, Vivian Dahms, Florence Henrichon-Goulet, Kelly-Anne Leith, Rosemary Lefebvre, Ms. Joannie Robitaille (coach)
Back: Gordon Chan, Summer Wong, Presley Langevin, Benjamin Smith, Anderson Trider, William-Antoine Laplante, Zander Johansson, Hayley Wolfe, Deanna Wright, Zoe Charland, Melissa Kakayuk, Logan Béasse; Missing: Elisabeth Godbout

VOLLEYBALL

This volleyball season ended as it started, with joy, good weather and a lot of fun. This year, the task of selecting players was tough, as everyone demonstrated good skills and good sportsmanship. So 4 teams of 6 players were trained by our 4 captains. The first few weeks helped develop the skills needed to play volleyball. It wasn't always easy for some, but the others were always there to cheer them and have a giggle. In the last few weeks of the season, we underwent intra-team tournaments. The J's, the Kools Kids, the Champs and the Ballers faced each other several times to determine who had the more determined team, because yes, it took a lot of determination to face the different temperatures.It was a great season which ended with the victory of the Ballers.

I will remember this time spent in the company of dynamic young and funny people. I could not ask for a better group to lead in this adventure. Thank you for this great season and hopefully see you next year!

- Coach Robitaille

OUTDOOR PURSUITS

Front: Alina Szemioth, Zofia Kaczynska, Mia Barrios Alvarez, Annie LaMantiaMiddle: Maddyn Labor, Mrs. Barb Wilkinson (coach), Albert Jiang, Melanie Li, Daphney Dozois
Back: Shannelle Moar, Noah Papillon, Ms. Nicki Campbell (coach), Shawna Lyonnais
Missing: Amy Hu, Thomas Leblanc

Bantam Boys Soccer: Santiago Bojalil Moheno, Bantam S; Joseph Ruf, Sportsmanship; Liam Huckins, Bantam S.
Missing: Saif Alexander-Pardhan, Bantam S

Junior Boys Soccer: Mauricio Lopez Sanchez, Junior S; Iain Olsen, Junior S; Justin Lanctot, Sportsmanship; Riley Yip, Junior S

Junior Girls Soccer: Annabelle Cormier, Junior S; Ellie French, Sportsmanship; Maelie Pion, Junior S; Rosalie Tremblay, Junior S; Darlene Ouimette, Junior S; Rosalie Bouchard, Junior S

FALL ATHLETIC ASSEMBLY

MVPs

Lucy Wang - William Greenshield Trophy for cross-country running; Ryan Johnson- Bobby Moore Trophy for senior boys soccer; Joliane Tremblay, Merle Griffin trophy for senior girls soccer

Ultimate: Senior S: Dora Kleinekampmann, Emma MacIntyre, Gerda Kleinekampmann
Sportsmanship: Kieran Templeman; Senior S: Felix Fortier

Cross-Country Running: Lucy Wang, Senior S, MVP; Cindy Zhang, Sofia Martinez Ajzenman, Sportsmanship; Reagan Lynch, Junior S; Liam Sumun, Bantam S; Cedric Beauregard, Senior S
Missing: Zach Maheu, Senior S

SOCCER SENIOR S & MAJOR S

Senior Girls Soccer (Front) Major S: Laura Bellini, Jolianne Tremblay (MVP), Camryn Moore; (Rear) Senior S: Lisa Patenaude, Maya Leroux; Sportsmanship: Sofia Paradis

Senior Boys Soccer (Front) Major S: Jack Lippmann, Ryan Johnson (MVP, Tristan Grandsire, Jorge Correia; (Rear) Senior S: Joseph Riddell, Adam Larsson, Eliott Desautels
Missing: Hector Sepulveda, Sportsmanship

Back: Mr. E. Van Dyke (coach), Laura Bellini, Maria Teresa Calva-Xolalpa, Julia Rutenberg, Camryn Moore, Madeline Lippmann, Melissa Kakayuk, Avah St-Pierre, Neva DeBlois, Gloria Riddell, Mrs. A. Wolfe (coach)
Front: Rosemary Lefebvre, Siena Webster

SENIOR GIRLS D3 BASKETBALL

2021-22 was a tough season. Not as hard as 2020-21, where we had zero games and couldn't even play 5 on 5 in practice – THAT was the truest lesson in dealing with adversity in sports. But it was still tough, because the full schedule we thought we were going to have got dangled in front of us, and then taken away.

The season started well enough – normal, uninterrupted – as we got 8 games in before the December break. We lost 5 of our first 6, but in true Spartan fashion we improved steadily, and when we handily beat Richmond and Triolet in the last two games before the Christmas vacation, I loved where we were and where we were heading, because the real fun – January and February – was just around the corner. Historically, Jan and Feb are why Stanstead out-improves everybody else over the course of a normal season. They are the heart of our schedule, bonding-wise AND basketball-wise, thanks to the camaraderie and instant feedback that multi-day tournaments give you. The MIST in Montreal. The BCS Invitational. The highlight of the season that is the Anderson-Bailly. And the brass ring, the Visser-MacLeod. All in January and February. But all heartbreakingly cancelled due to recurring waves of COVID. After breaking for Christmas, it ended up being 86(!) days before we played another game. And when we returned to action, we pretty much had to start all over. The momentum was lost.

But adversity is a test of character. And I could not be prouder of how this team reacted to adversity. You stayed positive, despite the cancellations and injuries and COVID diagnoses. You never brought less than your best in practice. You made the locker room a true team/family hangout. You went all the way to New Brunswick(!) to make sure you had a real, bonding road trip. And, finally, you ended your season by playing your best game of the year when it mattered most, in the process making Senior Nite 2021-22 one of the most memorable of my career. So yes, 2021-22 was tough. But so was this team. You guys made the most of every opportunity, you did it together, and if the opportunity wasn't there, you simply created your own.

To all graduating players, THANK YOU and good luck in the future. To all returning players, I can't wait for next year. And, finally, to team captain Rosemary Lefebvre, a special thank you for the passion and leadership you brought to the basketball programme for the past four years. Rosema, it was your era.

- Coach Van Dyke

Mr. D. Liverpool (coach), Chaz Grenier, Jack Lippmann, Zander Johansson, Jorge Correia, Justin Bouchard, William-Antoine Laplante, David Huang, Gordon Chan, David Lyu
Missing: Denzel Ibariza

SENIOR BOYS D4 BASKETBALL

RSEQ ETHICS & SPORTSMANSHIP BANNER

It has long been a goal of mine for a team that I coached to win the RSEQ Ethics and Sportsmanship Award. As a coach, I have always sought to teach my teams to play the game the right way: with passion, pride and respect for the game, rules and our opponents. However, I could never really control my passion for the game and at times let my emotions get the best of me. AKA, I was a bit of a jerk. I spent too much time focusing on and or arguing with referees. This often led to me receiving (ALL warranted) technical fouls, erasing any opportunity of receiving the ethics banner. It took some time and maturity to realize that this is not the example I should be setting for those young, student-athletes under my charge.

That is why I am so impressed by and proud of these young men. While our season was not perfect, this group displayed a great deal of maturity and respect for the game and all that it involves. They listened, did what they were asked to do, and rarely complained amidst a season chock full of COVID-related disruptions and setbacks. In other words, they were able to succeed, at a very young age, at something I took several years to even realize – earning the RSEQ Ethics and Sportsmanship Banner.

As I mentioned to my guys when alerting them of this achievement, wins are often the determining factor when considering athletic success. But I hope that we are also able to recognize and applaud those success that don't end in a "scoreboard" victory.

Thank you to the members of this team for making this season one of my most memorable. To Justin, Chaz, David, Zander and William, see you next season. To Jorge, David, Gordon, Jack, and Denzel, I wish you all the best as you continue your educational, and hopefully, athletic careers. Please try not to lose your love of the game. In fact, I encourage all of you to take it a step further and get a peer involved and make sport part of your everyday life.

- Coach Liverpool

Ms. M. Gagnon (coach), Sarah Leasure, Kiho Okazawa, Crystal Lin, Deanna Wright, Dora Kleinekampmann, Emilia Stone, Halle Khanna, Lucy Wang, Lysa Kabirigi, Zoey Keefe, Ms. E. Hessian (coach)
Missing: Gerda Kleinekampmann, Arielle Houde, Shawna Lyonnais

SENIOR GIRLS D4 BASKETBALL

At the beginning of our season, I was happy, excited and confident we would have a great time playing ball. Knowing what we went through last year with no games on the calendar and mostly just playing 3-on-3 every single day, this year's season looked very promising!
During our first few practices, we were all over the court; some of the girls were ball players while some others had barely ever touched a basketball before. In addition, we had players from Grade 7 all the way to Grade 12. All of this could have been seen as a disadvantage or, as I prefer to call it, A CHALLENGE!

We started our season with an impressive roster of 14 players. That is a lot of players for a basketball team, but we never know when athletes are going to get hurt so it was good to have some extra players. We had a special player who made a brief appearance on our team a few months after the season started. That player was proudly wearing number 19… The player's name you're asking? COVID was it's first name. That player made sure its teammates had a goooood looooong rest before they could come back on the court. So it is safe to say that having 14 players on the team was just enough.

Our stats for this season were not the greatest. In fact, they were quite disappointing; we lost all of our games… Writing this, I asked myself "Why do we always ask athletes if they won or lost a game? Or what are the stats of that say game"? Stats might be the best tool we have at our disposal to properly analyze and discuss the game in an objective manner, but that does not mean we should take them as gospel. There will always be things that cannot be measured precisely using stats such as teamwork, team effort and team spirit. And if there were stats on the three things I have just mentioned, best believe our team would be #1.

The best memory was our second home game. Sarah ran up and down the court at the speed of light. Marlene grabbed every rebound possible. Lucy explained the rules to Zoey and Kiho while they played. Halle and Emilia made up plays every time they were on the court together. Crystal, Lysa and Deanna smiled their way through the whole 40 minutes. Shawna splurged buckets. Both Dora and Gerda took care of our very important stats and finally Arielle made the whole gym scream with an "almost winning bucket" in OT. Thinking about that game makes me smile because you guys cared more about each other than you did about winning and to me, this is worth all the wins. Ladies, it has been real. See you next season!

- Coach Gagnon

Joshua Lippmann, James Bae, Shun Hatano, David Dong, Eric Cui, Patricio Ayala Medina, Bo Bailey, Borys Frenkel, Jason Shao, Agustin Palacios Roji, Luke DeLaBruere, Mauricio Lopez Sanchez, Ms. L. Lamonth (coach)

SENIOR BOYS D4-1 BASKETBALL

Our main focus this season was learning, improving and having fun . Our team had a mixture of bantam, junior and senior boys whose knowledge of the game and skills varied. They had little experience playing basketball at the senior level and for at least one player, no experience playing the game at all. Everyone was eager to compete when we started in November, and, boy, they didn't have to wait very long to play their first Senior D4-1 game at home. Our first game was after 5 practice sessions and our second game was 2 days later. Yes, you guessed right: these games didn't go so well, but the boys gained valuable experience.

I believed we could get better with more practice. Most players bought into the fact that they needed to get stronger and that they needed to practice on their own outside of practice times. I would see them in the weight room and on the court a lot putting in the work. I was impressed with the level of dedication from the boys. It got to a point where if I missed a practice and Mr. Spirk had to cover for me, he had nothing much to do but quality control because the boys knew a basic practice model and were able to do the drills on their own.

By our third game we were a different team. The boys were running their plays and making most of their layups. I was extremely proud of how much they had improved.

It was a rollercoaster season with a lot of games cancelled and rescheduled, but the boys were always ready to compete, especially on the road. The boys looked forward to the famous after game meal at McDonald's and the long conversations about varying topics on the bus.

All the boys gave something special and improved lots. Thank you for a great season.

- Coach Lamonth

Maxton Lam, Josuke Masuda, Gonzalo Tapia Cardenas, Jose Guillermo Humara Morelos Zaragoza, Johnny Zhang, Yuhe Wang, Jose Emilio Suarez Aguiar, Jose Miguel Palacio Echenique, Santiago Bojalil Moheno, Mr. S. Coughlin (coach)

JUNIOR BOYS BASKETBALL

This Junior Boys Basketball season was all about the slow build. Over the course of four months, we built toward our one and only competitive game, which took place on March 16. Over those months, a group of boys with only limited experience in the game learned the rules of the game and the basic skills that it requires: dribbling, passing, shooting, laying up, defense -- all of it. As we moved toward March, I was regularly struck by the growing grit, grace, and intelligence that the boys brought to our practices, even when it seemed like their hard work might not pay off in a game. When the game played, they rose to the occasion: give-and-gos, great shots, only a small number of fouls, and great pride in their school and the team. It was a narrow loss, but considering where we started, the performance was unbelievable. Look out for these boys on the hardwood in future years.

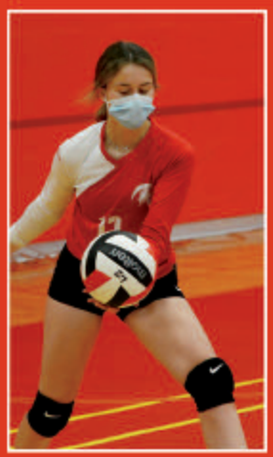
- Coach Coughlin

Front: Krystine Breton, Katharina Berger, Sofia Paradis, Ariela Boltvinik Palacios Roji, Victoria Fernandez Garcia, Mia Eichholzer, Florence Henrichon-Goulet
Back: Ms. A. Fraser (coach), Elle Guntner, Lisa Patenaude, Ariadna Duran Bernal, Samantha Simpkins, Alexandra Hoch, Kelly-Anne Leith, Léonie Sayeur, Maya Leroux, Vivian Dahms, Ms. J. Robitaille (coach)

GIRLS VOLLEYBALL

I was really excited to coach volleyball this year because, after a year of just playing between us, we could finally hope to play real games. After selecting 16 girls out of 30 who tried out, we had our first game right away in our first week. I was impressed that the girls were able to pass the ball without even knowing each other's names. Then came our first tournament where we saw real volleyball. We certainly had the potential and a lot of hope, but not yet sufficient confidence to excel.

I pushed my girls to work intensely! I saw the girls get stronger over the season and work hard to carve out a place in my top 10. Léonie, for example, who I was unsure would even travel with us but who gave 100% every day and finished at the top of the team. Or Ariela who took every piece of advice to work on all facets of her game and became a pillar in defense. Or even Victoria who used all her talent to embrace a new role on the court.



Then, December arrived and all sports were suspended. What a disappointment! The girls all caught COVID one after the other and we ended up practicing with eight players. In short, back playing against each other with great music... Then, like a fairy tale, a nice ending for us! One week before the end of the season, we learned that we will be able to play two final tournaments.

The first tournament went well. The second, on the other hand, was, let's say, interesting! We learned several things: The rules are the rules! Volleyball is serious! We also learned that despite adversity, you must know how to get back to basics, which is the pleasure of sport.

It's a shame that we didn't have the chance to have more games or tournaments, because every time we were able to travel, we had unforgettable memories. Thank you sincerely girls for making me discover such exceptional personalities who will surely change the world in their own way.

- Coach Robitaille

Front: Benoit Forget, Mr. X Roy (coach), Rihito Hamamo, Mr. L. Vanasse (coach), Jeremy Leroux, Liam Steele, Aksel Jarlojarvi, Mr. M. Thompson (coach), Elijah Young, Liam Dee, Wills Seagrave
Middle: Elmeri Mikkola, Hayden Pimm, Yoan Torello, William Tario, Maximiliano Pedicelli, Moritz Lackner, Ferdinand Burghart, Nathan Garnier, Liam Carrol, Jack Treacy, Lorenzo Bono
Back: Jaxon Pierce, Raphael Tellier, Chaka Ntumba-Muntu, Caleb MacDonald, Zackary Soifer

VARSITY BOYS HOCKEY

CPSHA NATIONAL TOURNAMENT CHAMPIONSHIP

This hockey season was a success for our team. The issue with that statement is that anyone reading this could define success in their own way. As a whole when I look at our season in my mind we succeed because of the following:

1. We made concrete plans on what we felt we needed to do to end our season better as a team and individuals better than when we started
2. We competed against the very best competition we could and pushed our level of play because of it
3. We worked hard during the week to be successful in our games on the weekend
4. We were a team that was united, and because of this we were able to weather adversity that came our way
5. We won as a team in the last game of the year.

I think for any coach the idea of winning your final game of the year is always a goal, but of course all the work that goes into making that a reality is the true work and learning that make sports such an important part in life. In my opinion sports will always have a place in educational settings because of how their can teach young men and women exactly how to navigate situations that will happen later on in life.

Our season as a whole can be split into three main sections: a fast start and lots of winning; a lot of learning that was accompanied by a lengthy losing streak; and in the end a championship run that was possible because we knew we could win. We were actually able to take lessons from losing, something that is difficult for many teams and individuals to do. We did not win the most games in the history of the program, but we did win our national championship that no varsity boys hockey team at Stanstead had been able to win to date.

It is cliché to say, and I am quick to say that winning is not everything in youth sports, but when I reflect on the ultimate memory of the 2021-2022 season it is those last seconds clicking off the clock in the CPSHA finals. In that moment we stood on top of the mountain, and for that we will always share that championship moment and the work, success, and struggles that went into turning a thought into a reality. In the moment winning is great, in reflection realizing what went into making a season successful is why I coach, and hopefully why you all play. If you remember anything from my coaching I hope it is simply to let hockey and sports be fun.

- Coach T

Overall Record: 23 wins, 20 losses 2 overtime loses/ties

Front: Megane Pilon, Mr. X. Roy (trainer), Béatrice Perron-Roy, Ms. A. Burriss (coach), Karel Préfontaine, Stéphanie Bourque, Emma Kreisz, Mr. B. Pimm (coach), Elodie Roy, Ms. S. Pimm (team mom), Arianne Leblanc
Middle: Alice Sauriol, Maxim Tremblay, Georgia Steenbakkers, Camille Richard, Anika Curri, Alexia Aubin, Lydia Walsh
Back: Svenja Voigt, Jordan Gilbertson, Gracie Gilkyson, Madelyn Pears, Maria Hatzidakis
Missing: Mr. J. McRae (coach)

VARSITY GIRLS HOCKEY

JWHL PLAYOFF FINALISTS
FEMALE WORLD SPORTS SCHOOL CHAMPIONS

The Varsity Girls had another great season. After winning our first 20 games of the season with a combined score of 7-1, on average, our competition got a little stiffer and our schedule got disrupted by COVID. From the first weekend in December, we played 17 games over the final 4 months, finishing with a record of 31-4-2 and 1st overall for U-19 Girls Rankings for North America. In 25 years of coaching, this is the best group of players that I have been a part of. They were extremely committed to each other, our program and our school. When I think of this year's graduating class, I am sad to see them leave. I have actually lost sleep thinking about this day and often wonder what could have been with this group, had we been able to drive through a regular year of hockey. Our leaders have left our program in a better place than it was when they got here. From here, we will continue to climb to new heights.

- Coach Pimm

Front: Nylie Nyberg, Marcus Kratz, Trofim Godochkin, Cédric Beauregard, Eli Antoine, Mr. G. Ouellet (coach), Dominic Pokora, Mr. J. Rioux (coach), Antoine Remillard, Ben Leclerc, Zev Brown, Rylee Yip
Middle: Kevin Shi, Leo Shi, Iain Olsen, Ryan Johnson, Anderson Trider, Ethan Skara, Ian Nicholson, Liam Wilson, Jakub Linet, Adam Larsson, Presley Langevin
Back: Ondrej Marton, Félix Fortier, Zackary Maheu, Juho Virtanen, Jules Butler

PREP BOYS U16 HOCKEY

RSEQ METROPOLITAINE/LHIQ LEAGUE CHAMPS

We cannot control what happened yesterday, tomorrow remains full of unknown, so we might as well enjoy the ice, the locker rooms, the morning practices, the off-ice training, the bus trips, do our very best each day to smile, to laugh, to work hard and to have fun playing the game we love. To me there's nothing better than being together in the moment with this awesome group of fellas. It's been an enjoyable journey every step of he way coaching this team, a talented team, a team that loves one another, a team that hams it up in the locker room and then goes out and works tirelessly each and every game on the ice, a team that's handled adversity and played with class, a team that's played the right way.

We know what happened the past few years, we can't predict where we'll all be down the road, so let's simply enjoy this moment. Let's make the most of our opportunities that you have earned.

- Coach Rioux

Front: Annie LaMantia, Ellie French, Rosalie Bouchard, Ms. K. Borsoi (coach), Jamie Arsenault, Ms. C. Tougas (coach), Maélie Pion, Joliane Tremblay, Lana Peasley
Middle: Quinn Smits, Darlene Ouimette, Reagan Lynch, Annabelle Cormier, Zoe Charland, Emma MacIntyre, Maddyn Labor
Back: Alexa Gagné, Noémie Cloutier, Rosalie Tremblay, Penelope Lavoie

PREP GIRLS U16 HOCKEY

This season the team experienced plenty of firsts. From our first road trip to Port Hope, Ontario where we got our first win against Trinity College School to our first home game against Mount Academy. From our first goal by Darlene Ouimette to our first shutout by Joliane Tremblay. And from our first captain, Jamie Arsenault to our first assistant captains, Rosalie Bouchard, Maelie Pion, and Ellie French.

It takes a lot of work to start a team. What makes this team even more difficult is that everywhere we go and every team we play, everyone knows Stanstead College. Not only for our prestigious reputation and academic excellence, but for being home to the top hockey program and players in the world. This is not an easy reputation to live up to, so every time you put on that Stanstead College jersey, you not only wear it with respect, you command respect.

In life, every one wants respect. You want people to respect you. Subconsciously, the way you show respect, the amount of respect you show something or someone, is always in direct proportion to the preparation that you put into it. That is true in sports. If you respect an opponent you're going to prepare . If you don't have respect for a matchup or for an opponent, you won't prepare as much.

So, the goal is to try to have that level of preparation for everybody, which means you have to have that level of respect for everybody. Preparation doesn't guarantee a result, it just guarantees growth. You might put a lot of preparation into something but that doesn't guarantee you win, it doesn't guarantee a result, but it does guarantee growth. The more you respect for somebody, the more preparation you put into it. And then you're guaranteed growth. Ultimately, that's what we're all trying to do in life. We are trying to grow every step of the way.

So as we talk about a season of firsts, and for most of you, your first year at Stanstead, think about how you are going to prepare yourself to grow here next season.

- Coach Tougas

Front: Gabriel Poitras, William Towner, Tristan Grandsire, Mr. S. Winquist (coach), Denis Vittenberg, Mr. C. Wells (coach), Joseph Riddell, Summer Wong, Riley Yip
Middle: Saif Alexander-Pardhan, Liam Huckins, Chris Leclerc, Mason Beasse, Noah Cloutier, Matteo Paradis, Henry Riddell
Back: Noah Crenier, Tony Ju, Liam Sumun

THIRDS HOCKEY U15/U18

Reflecting back on year that was, this was a very unique team. In reality, we actually had two teams: a U18 and U15 playing games separately, but we practiced together.

This pitted some Grade 12s practicing with Grade 7s. It was definitely an odd situation, but somehow we made it work. Leaders such as Denis, Matteo, Will, Charles/Joe and many more took this opportunity to be leaders and show the way. They came to practice with a positive attitude and helped the younger kids grow and get reps against stiffer competition.

During the season the U18 team surpassed my expectation. We were a team with small numbers (barely two lines) and we needed every player to contribute to get some wins. We ended up with 4 wins, 1 tie and 5 losses, which is quite commendable considering we were playing against some first teams who were older and had more than double our total number of players.

Unfortunately, due to COVID we never got to play in the playoffs. We were a low scoring team but we defended well had good goaltending and were disciplined. Our top forwards were talented and good defensively. Perhaps we could have surprised a few teams and made a run this year. Oh well.

Finally, I want to thank the boys for taking on the challenge of entering a new RSEQ league and doing well. Also for being good role models for the younger players on the team. For most of the Grade 12s, it was your last year of organized hockey and I hope you enjoyed it as much as I enjoyed coaching you.

- Coach Winquist

The Thirds U15 hockey team was in a word: mythic. A very special group that triumphed despite seemingly insurmountable opposition. A group that wrote an amazing story through hard work and determination. A team refused to quit, ever.

Spartans in every sense, we had nine skaters on a good day. Most of the time we had seven or eight, hanging on desperate and exhausted, playing against teams with 20. And yet, we found a way to win again and again.

To a man, this was a team of winners, who gave their all, tried as hard as they could and worked as hard as they could. All the time. A group who were willing to try… and accept the risk of losing, despite trying, when it would have been much easier to simply say we don't have a chance here.

These boys, however, made a different choice. To live and tell an awesome story…and what they did was, to me, truly inspiring.

- Coach Wells

Front: Sara Martinez Ajzenman, Sofia Martinez Ajzenman, Simone Ruf, Rachel Chan, Jane Rodi
Back: Ryan Yung, Goh Konno, Gabriel Maitre, Logan Béasse, Jérôme Sayeur, Mr. S. Belknap-Keet (coach)
Missing: Elisabeth Godbout, Buddy Shen

SWIMMING

This year's swim team was made up of quite a mix of students. Some students joined the team with a good deal of experience. Others joined the team as good swimmers but had never done so competitively. Then there were those who had never dived into a pool or could not swim 25m without stopping. . .

If I were to summarize the entire season into 1 word, it would be PROGRESS. With little opportunity for competition due to the pandemic, this came in the form of the achievement of personal goals and personal development.

I have many little stories I could tell you about the team. I could tell you about how Miss Zimmerman would cringe every time she watched Logan swim because he'd never shut his mouth before putting his face back into the water, usually resulting in him coughing and spluttering. (He has improved greatly by the way. Or I could tell you about our occasional water basketball games (Jane's favourite part of practices). Instead, I will tell you my favorite story from this year.

This story starts on the very first day of practice. As I mentioned before, some of our swimmers had never dived into a pool. One such student was Goh Konno. Now, Goh was a decent swimmer, he just didn't have experience diving. Despite this, he tried. I'll never forget how red his chest was when he got back out of the water. He belly-flopped so hard, the lifeguard asked me if he was ok. . .

Ok, now lets fast forward to the last day of practice, when we held some competitions: who could hold their breath the longest, who could gather the most items from the bottom of the pool, the best synchronized swimmers and the last challenge, the biggest splash.

Everyone took their turn with varying degrees of success. The very last swimmer to try was Goh. Goh is not a very heavy guy, so no one was expecting much of a splash. In fact, contrary to most people, he didn't take a running start. He just calmly walked over to the side of the pool. He looked back at us all watching him, and with a little grin on his face, put his hands up over his head and did his bellyflop dive into to the pool.
It was perfect. Everyone laughed so hard, and Goh came out of the water red as a beet and a smile on his face. I cannot imagine a better way to end the season.
So, Goh, Jane, Elisabeth, Logan, Buddy, Jerome, Simone, Rachel, Sophia, Gabriel, Ryan and Sara, thank you all for making such a fun season and congratulations on all the progress you made this year.

- Coach Belknap-Keet

Front: Anais Grappe, Mia Barrios Alvarez, Keira Curtis
Back: Eric Zhang, Thomas Leblanc, Joel Xu, Riley Xu, Mr. C. Planetta (coach)

CURLING

The curling team had a very productive and engaging winter. Every member of the team learned the game and improved their skills as the season went on. None of the team had curled before so the learning curve was steep. Despite the challenges, everyone enjoyed their time on the ice and it showed! No one ever pointed out the time. No one ever asked to leave early. Everyone brought a positive attitude to the rink and made the most of the time we had. I am saddened we did not get to compete much this winter because I knew it would have been a benchmark year given the amount of commitment and perseverance I saw. To the grads, I hope you seek-out curling opportunities in your future. To those returning next year, I look forward to working with you again next winter.

– Coach Planetta

CROSS-COUNTRY SKIING

Front: Ren Nakamura, Hector Sepulveda, Jan Haars, Luisa Schaumann, Amelia Kennedy, Saskia Bahr, Albert Jiang, Cindy Zhang
Back: Mr. A. Blair (coach), Alejandro Gutierrez Lomeli, Noah Papillon, Benjamin Smith, Bruce Campbell Gutierrez, Beatrice Ruf, Erika Roy, Joseph Ruf, Joe Liu, Mrs. B. Wilkinson (coach)
Missing: Eliott Desautels, Kieran Templeman

Front: Leo Li, Austin Zhang, Roger Roger Marcoux, Victor Wu, Jacky Xu, Emiliano Ibarra Giovanini, Roger Marino (Coach)
Back: Luis Moran Ruiz, Tyler Battah, Jonathan McDonnell, Lam Wang, Braden Chastanet, Kevin Meng.
Missing: Howard Gu, Xavier Can

SQUASH

This year's edition of the 2021-2022 squash team was comprised of 14 boys ranging from Grade 7 to 12. Daily weekly practice started by doing sets of stairs followed by individual time to work on their forehand and backhand skills. Having two courts allowed us to have seven in each courts and all took their turn playing games up to 5 to have a flow that would allow everyone to get as much playing time as possible. On Wednesdays, students had the chance to challenge each other to have the chance to be the top of the ladder. We certainly had few surprises and improvement by each member of the team. We had scheduled a couple of tournaments with BCS, but due to the pandemic and its timing we unfortunately were not able to compete this year. I want to take this opportunity to thank every member of the team for putting in the best effort and positive attitude this season and looking forward to a wonderful 2022-23 season.

- Mr. Marino

YOGA

Front: Ana Paula Rojo Hamue, Miranda Angel Garcia, Amanda Gu, Maggie Sun, Isabela Covelo Sant'Anna, Valentina Chapoy Olavarrieta, Amy Hu, Ana Gonzalez Gonzalez, Zofia Kaczynska
Back: Katie Zhang, Emilia Humara Morelos Zaragoza, Paula De la Rosa Gutierrez, Delaney Walsh, Schunicht, Mayka Rodriguez Vasquez, Daphney Dozois, Melanie Li. Missing: N. Campbell (coach)

Tammy Osibanjo, Nyakah Pierre, Alina Szemioth, Victoria Oliver, Kate Emms, Silvia Chiang, Shannelle Moar, Ximena Velasco Hernandez, Thea Guan, Kayla Lee, Ellie Jang, Mr. A. Spirk (coach)
Missing: Cindy Zhao, Riho Sasamoto

REC VOLLEYBALL

Recreational volleyball had its inaugural season this winter. 13 girls took to the court to learn the strategies and skills of the game. It was a year filled with lots of learning and fun. Although we never played other schools, it was still great to play competitive game amongst ourselves. There are definitely girls who will challenge for spots on the competitive volleyball team next winter. Thank you to all the girls for their enthusiasm and positive attitudes at every practice!

- Coach Spirk

Curling: Eric Zhang, Senior S; Thomas Leblanc, Sportsmanship; Anais Grappe, Senior S

Girls Volleyball: Lisa Patenaude, Maya Leroux, Senior S; Ariadna Duran Bernal, Sportsmanship; Sofia Paradis, Major S; Alexandra Hoch, Senior S

SB D4 Basketball: Jack Lippmann, Senior S; Justin Bouchard, Senior S & Sportsmanship; E.C. Amaron MVP Trophy & Major S: Jorge Correia

SG D3 Basketball: Bess Ferguson MVP Trophy and Major S: Rosemary Lefebvre, Melissa Kakayuk-Antoine

SG D3 Basketball: Sportsmanship: Siena Webster

WINTER ATHLETIC ASSEMBLY

MVP WINNERS

Aksel Jalojarvi, Dawes Trophy for varsity boys hockey; Jorge Correia, E. C. Amaron Trophy for senior boys basketball; Stephanie Bourque, Dugie Ross Trophy for varsity girls hockey; Rosemary Lefebvre, Melissa Kakayuk-Antoine, Bess Ferguson Trophy for senior girls basketball; Rosalie Bouchard, prep girls hockey MVP; Eli Antoine, prep boys hockey MVP

JB Basketball: Sportsmanship: Gonzalo Tapia Cardenas

SG D4 Basketball: Sportsmanship: Sarah Leasure; Senior S: Halle Khanna. Missing: Sportsmanship: Dora Kleinekampmann

SB D4-1 Basketball: Shun Hatano, Senior S; Mauricio Lopez Sanchez, Sportsmanship; Josh Lippmann, Senior S

Thirds Hockey: Junior S (U18): Rylee Yip; Sportsmanship (U18): Will Towner; Senior S (U18): Denis Vittenberg; Junior S (U15): Liam Huckins, Gabriel Poitras

Swimming: Sportsmanship: Sofia Martinez Ajzenman; Senior S: Jerome Sayeur, Rachel Chan

Squash: Junior S: Emiliano Ibarra; Bantam S: Roger Roger Marcoux
Missing: Braden Chastanet, Junior S & Sportsmanship

Prep Boys Hockey: Dominic Pokora, Zev Brown, Juho Virtanen, Senior S; Cédric Beauregard, Sportsmanship; Marcus Krats, Eli Antoine (MVP), Senior S. Missing: Antoine Remillard, Senior S

Prep Girls Hockey: Alexa Gagné, Sportsmanship; Maelle Plon, Rosalie Bouchard (MVP), Emma MacIntyre, Senior S
Missing: Jamie Arsenault, Senior S

VG Hockey: Senior S: Arianne Leblanc, Megane Pilon, Karel Préfontaine, Elodie Roy, Béatrice Perron-Roy, Svenja Voigt

VG Hockey: Sportsmanship: Camille Richard

VG Hockey: Major S: Emma Kreisz; Dugie Ross MVP Trophy and Major S: Stéphanie Bourque; Major S: Gracie Gilkyson

VB Hockey: Major S: Aksel Jalojarvi (Dawes MVP Trophy), Nathan Garnier, Jeremy Leroux, Chaka Ntumba-Muntu, Liam Steele

VB Hockey: Sportsmanship: Rihito Hamano

Front: Denzel Ibariza, Max Pedicelli, Denis Vittenberg, Yoan Torello, Joseph Riddell, Jorge Correia, Logan Béasse, Liam Steele, Jack Lippmann, Nathan Garnier, Chaka Ntumba-Muntu
Back: Mr. A. Spirk (coach), Mr. R. Marino (coach) Zac Solfer, Jérome Sayeur, Sandro Dupraz, Tristan Grandsire, Chaz Grenier, Bruce Campbell Gutierrez, Eli Antoine, Eliott Désautels, Elijah Young, Gordon Chan, David Huang, Shun Hatano, Josh-Isaac Jeune, Mauricio Lopez Sanchez
Missing: Zev Brown, Zander Johansson

SENIOR BOYS RUGBY

This year marked the return to competition for the senior boys rugby team. After two years of not having games, we were unsure of the level of play. It was great to see 27 eager athletes come out for the tryouts. We had a mix of students grade 9-12. What we lacked in experience we made up for in athleticism and commitment to learning. The season was extremely successful as the boys lost one game all season. They were GMAA 7s champions and RSEQ league and playoff champions.

The biggest success was not the victories but the return to play and travel for the program. Even more successful was the culture the boys built within the team. They were a family and everyone worked towards the same goal. There was a genuine sadness after the championship game because we wouldn't be meeting at practice anymore. This was an athletic team but more than anything, this was an outstanding group of athletes who loved coming to practice and always made it fun for the coaches. Thank you to all the guys on an incredible season!

- Coach Spirk

Front: Laura Bellini, Lisa Patenaude, Krystine Breton, Simone Ruf, Victoria Fernandez Garcia, Cynthia Zhang, Ariela Boltvinik Palacios Roji, Ariadna Duran Bernal, Gloria Riddell, Maria Teresa Calva-Xolalpa, Halle Khanna, Neva DeBlois
Back: Ms. E. Hessian (coach), Valentina Chapoy Olavarrieta, Amelia Kennedy, Jordan Gilbertson, Gracie Gilkyson, Elle Guntner, Rachel Chan, Alexia Aubin, Camryn Moore, Gerda Kleinekampmann, Maxim Tremblay, Lydia Walsh, Florence Henrichon-Goulet, Shannelle Moar, Maya Leroux, Darlene Ouimette, Julia Rutenberg, Quinn Smits, Katharina Berger, Daphney Dozois, Ms. Kayla Ouelet (coach)
Missing: Lysa Kabirigi

SENIOR GIRLS RUGBY

What an exciting adventure we had. After having no contact rugby since May 2019, it was an honour to "take the field" with you 32 incredible humans! From trips around the barn, through the hedges and down the highway all the way to Nova Scotia – you brought us endless laughs and in the end, a sense of pride that comes with representing Stanstead College and each other both at home and away. We have a few tips for you to take away with you – a rugby pep talk:

Get back in there, Champ!
Impress yourself today!
Don't try harder, do harder!
You can do it and you know it!

Thank you for the fun, the ups and the downs the breakaways and the breakdowns – thank you for the memories!

- Ms.Hessian & Ms. Ouellet

Front: Josuke Masuda, Joseph Ruf, Henry Riddell, Gabriel Poitras, Santiago Bojalil Moheno, Gonzalo Tapia Cardenas, Jose Miguel Palacio Echenique
Back: Mr. J. Standage (coach), Jose Emilio Suarez Aguiar, Noah Papillon, Mason Béasse, Patricio Ayala Medina, Jose Humara Morelos Zaragoza, Luis Alberto Moran Ruiz

JUNIOR BOYS RUGBY

After a three-year hiatus, this spring saw all very excited at the prospect of a full season of junior rugby. The first day saw fourteen eager Bugbee boys out on the practice field ready to go. With little to no rugby experience, we were happy to have a full two weeks to learn and practice the game before the first jamboree at BCS. Alas, this was a rude awakening. It was clear that both other teams, BCS and Galt, were fielding older and larger players and it was going to be hard to compete against them. It was clear that silverware and titles were not in our future this season and so the team set about pursuing more modest goals - to enhance our rugby skill set, compete as hard as we could and get better every game.

Our trip to the GMAA 7's tournament at Concordia University proved to be a much-needed morale boost when we easily won our first game and were competitive throughout.

The highlight of the season came on playoff day. In the final game of the season, we finally troubled the scoreboard when Mason Beasse punched through the BCS defense and Noah Grenier made a cunning arced run, both to score and give us a chance of a shock win in the semi-final.

The team can be proud of their effects and take satisfaction that with this growing experience, many team members will go on to be great rugby players in the coming years. Congratulations to the players, in particular, Mason Beasse, Josuke Masuda and Noah Grenier for receiving Junior S awards and Gabriel Poitras for his Sportsmanship award.

- Coach Standage

Front: Ana Gonzalez Gonzalez, Miranda Angel Garcia, Emilia Stone, Valerie Lin, Arielle Houde, Melissa Kakayuk, Deanna Wright, Sarah Leasure, Sara Martinez Ajzenman
Back: Ms. A. Laroche (coach), Mia Barrios Alvarez, Emma MacIntyre, Reagan Lynch, Emilia Humara Morelos Zaragoza, Paula De la Rosa Gutierrez, Mr. E. Grenier (coach)

JUNIOR GIRLS RUGBY

Don't cry because it's over, smile because it happened. You all know what I'm talking about. I hope you are smiling as you read this now. There was a time when you were super nervous about trying out for a rugby team. You needed to find your inner strength, guts and courage. You did. And you reminded me of what I believe to be the purpose of high school sports: to try hard and really want to play. Not to win necessarily. Just to play.

We started the season by placing second at the GMAA 7s tourney. We even got medals. That was cool.

Then came our big road trip to St FX University which culminated, on day two, in one of the other teams asking if we would play a sixth game. We were the only team to play six games. Battered, bruised and burnt, I thought there's a pretty good chance you will all say, "No way." I was wrong. You immediately responded with a resounding and enthusiastic, "YES SIR!" It was amazing. I knew then we had something special this year.

Then, back home, our home tourney gets cancelled at the last minute and you were genuinely disappointed. You were actually sad. You really just wanted to play.

And finally, our last games against BCS. We played them eight times and lost seven. You didn't care about winning or losing or the scores. All you wanted after our very last game of the season was just to play again.
I hope you hang on to that feeling of playing because it's fun. As people get older, they tend to lose that and become too competitive, jaded, cynical, or crazy about sports. It tends to become about winning like it's the only thing that matters. It isn't. They forget that it's fun to play.
I want to thank you for reminding me, and all of us here at the school, of this valuable life lesson.

- Coach G.

Front: Ana Paula Rojo Hamue, Siena Webster, Luisa Schaumann, Emma Kreisz, Svenja Voigt, Lucy Wang, Erika Roy
Back: Mr. S. Belknap-Keet (coach), Antoine Rémillard, Caleb MacDonald, Leo Shi, Kevin Shi, Jan Haars, Gabriel Maitre, William-Antoine Laplante, David Dong, Austin Zhang, Jacky Xu, Emiliano Ibarra Giovanini, Ms. A. Pajovic (coach)
Missing: Vivian Dahms, Crystal Lin

TENNIS

This year's tennis team was made up of many talented players. For the first time in three years, those players had the chance to compete against other teams.

Although the season was brief, we had the time to have a lot of fun and all players improved throughout the season. Our top players were very skilled, and we have very good prospects for next year's team.

We competed only at the senior level. Antoine and Caleb returned with gold and silver medals for boys' singles. Leo and Kevin took silver in boys' doubles and Jan and Vivian came home with gold medals for their performances in mixed doubles.

Thank you to my team. I had a lot of fun watching you all chase a fuzzy ball around a box with a small snowshoe. "To err is human, to blame someone else is doubles."

- Coach Belknap-Keet

Front: Albert Jiang, Eric Zhang, Roger Roger Marcoux, Julia Schunicht, Zofia Kaczynska, Alina Sziemoth, Ryan Yung, Maxton Lam, Thomas Leblanc, Victor Wu
Middle: Ms. C. Lalande-Markon (coach), Jamie Arsenault, Anais Crappe, Ren Nakamura, Xavier Can, eira Curtis, Jane Rodi, Béatrice Perron-Roy, Alice Sauriol, Katie Zhang, Isabela Covelo Sant'Anna, Samantha Simpkins, Mayka Rodriguez Vasquez, Victoria Oliver, Melanie Li, Mr. M. Wolfe (coach)
Back: Stanley Lin, Kelly-Anne Leith, Summer Wong, Allen Liu, Lam Wang, Joel Xu, Buddy Shen, Howard Gu, Eric Cui, Leo Li

BADMINTON

Although badminton took a break during the 2021-22 Stanstead College winter athletic term, the sport's popularity continued to boom at our school with over 50 prospective players turning out for the opening practices this spring.

Even with two gyms and six courts, we simply could not accommodate the high demand and had to winnow the roster to a still large, but more manageable, list of 32 participants.

The emergence from the restrictions of the pandemic allowed our bantam, junior and senior Spartans to return to interscholastic competitive play for the first time since the spring of 2019. Thanks to the excellent efforts of Mr. Spirk we were able to play both home and away tournaments against a talented and congenial team from Richmond Regional High School.

The opportunity to test our skills against top competition from a different school was a challenge that all team members enjoyed and appreciated.

The return to ETIAC competition also meant that we were able to present Major S sweaters for the first time in three years. Both of our team captains - Beatrice Perron-Roy and Alice Sauriol - were awarded this prestigious honour in recognition of their outstanding accomplishments, including capturing the top medals in the singles, doubles and mixed doubles divisions at the senior level tourneys. Their leadership, helpfulness and camaraderie were also sincerely valued by everyone on our team.

Congratulations as well to our Bantam (Melanie Lin), Junior (Jamie Arsenault) and Senior (Ryan Yung) S winners, each of whom played with great passion, intensity, joy and expertise. And special congratulations to Julia Schunicht whose tremendous positivity, friendliness and dedication made her a most worthy recipient of the Sportsmanship Award.

Thanks to everyone for being part of the badminton "THING"! Keep the birdies flying and see you in September.

Coach Lalande-Markon and Coach Wolfe

Front: Delaney Walsh, Arianne Leblanc, Stéphanie Bourque, Elodie Roy, Saskia Bahr, Madelyn Pears, Karel Préfontaine, Maria Hatzidakis, Camille Richard, Mia Eichholzer
Back: Mr. D. Ross (coach), William Dee, Rihito Hamano, Joe Liu, Bo Bailey, Braden Chastanet, Elmeri Mikkola, Johnny Zhang, Luke DeLaBruere, Liam Sumun, Mr. J.J. Prévost (coach)
Missing: Ferdinand Burghart

TRACK AND FIELD

This year, 10 boys and 10 girls were involved in our team. Half of them were hockey players on one of our teams while the others were involved in a variety of sports. That said, we had a fantastic group of people who showed up every day with a great deal of motivation in order to give their best and grow as athletes.

Stephanie, Maria, Mia and Saskia: we will remember the smiles on your faces and your laughter while we were stretching in circles.

Camille, Maddie, Arianne, Elodie, Delaney and Liam Dee: I commend you for your skills and perseverance during the competitions.

Luke, Johnny, Bo, Joe, Liam Sumum: among the youngest on the team, we expect you to be back in the years to come.

Rihito and Elmeri who had fantastic speed on the track, which we missed during the competition.

Braden Chastenet who has a great interest to shot put and javelin on the field although running on the track was not his favourite activity!

A special thought for Karel and her perseverance until she joined Team Canada training camp.

And finally Ferdie who, unfortunately, was too old to compete against other schools, but shined as a volunteer.
I would very much like to thank and commend you all. We had a great season together. You all seemed to enjoy the time spent together and each of you was competitive in his own way and respectful for others. It was a sincere pleasure to show up on the track, watch you give your best effort and have fun together.

- Coach Prevost

Front: Maddyn Labor, William Towner, Félix Fortier, Matteo Paradis, Josh Lippmann, Liam Huckins, Rosemary Lefebvre, Jules Butler
Back: Mrs. A. Wolfe (coach), Mrs. L. Smith (coach), Alejandro Gutierrez, Jason Shao, Will Tario, Moritz Lackner, Alexandra Hoch, Hayden Pimm, Liam Carroll, Cédric Beauregard

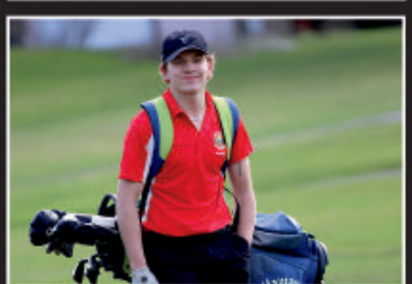
"Golf is deceptively simple and endlessly complicated; it satisfies the soul and frustrates the intellect. It is at the same time rewarding and maddening – and it is, without a doubt, the greatest game mankind has ever invented." This is a quote from the late Arnold Palmer, arguably one of the best golfers of all time. And it is so true. What is so hard about hitting the ball and rolling it into the hole? Absolutely everything. From the obstacles that Mother Nature provides, to the competition, to nasty pin placements, to your own self-doubt. Golf is, as Mr. Palmer said, rewarding and frustrating.

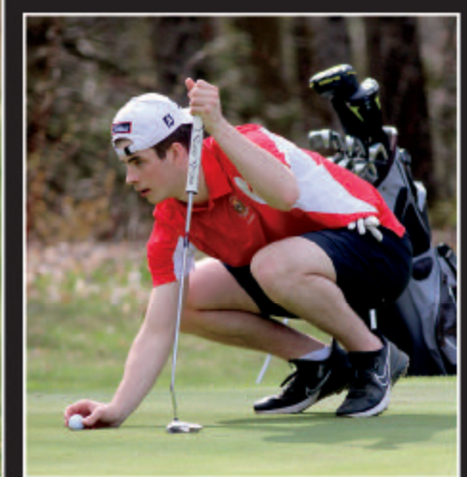
Thanks to Mr. Spirk, we now have some great equipment so that we can practice indoors on the miserable spring days. As well, he gave us the opportunity to participate in both the RSEQ league and the traditional ETIAC league this year. This allowed all the golfers to compete in their own age category and on some beautiful new courses. At the same time, we were able to share our beautiful course with our competitors, and believe me, they all love to come to Dufferin.

We had some great showings in both leagues with multiple golfers receiving awards and recognition. Overall though, we will call it a growing season as I think each golfer learned something about tenacity, grit, mental toughness and determination. Every golfer also improved over the course of the season; I applaud your perseverance. Congratulations to all; I hope you have developed a love for the game that will stay with you for years to come.

- Coach Smith

GOLF





Front: Adam Larsson, Christopher Leclerc, Jaxon Pierce, Raphael Telier, Lorenzo Bono, Ian Nicholson, Jack Treacy, Wills Seagrave, Benoit Forget
Back: Mr. S. Winquist (coach), Saif Pardhan-Alexander, Iain Olsen, Noah Cloutier, Aksel Jalojarvi, Ryan Johnson, Juho Virtanen, Ben Leclerc, Tony Ju, Mr. P. Ruwe (coach)
Missing: Charles Goudreau, Jeremy Leroux, Zachary Maheu, Kevin Meng, Rylee Yip

BOYS LACROSSE

Our goal this year was to grow the game of lacrosse and really get the program running again. To put it in perspective, the previous game for Stanstead lacrosse had been on June 2, 2019, three years ago, so it had been a long time since Stanstead had played or that I had coached.

Our first games this season would be in Ontario in an area known for its strong lacrosse. And, boy, was I worried! I guess I didn't have to be. We finished third in an eight-team tournament. We lost one game then never lost again all year from the end of April all the way to June

Our next trip was to Montreal a few days later. Most of our players were away with prep or at hockey camps. So players like Jack, Raph and Jaxon stepped up big time. Even Caleb MacDonald, a member of the tennis team, stepped up. He even scored a goal for us. We ended up winning the Montreal tournament with few players.

Our next big task was going over to play lacrosse in the states for the first time in program history. It was a back-and-forth game that we ended up winning 10-8 against Holderness in New Hampshire.

Then our last big game was against Brebeuf, the game we called the Battle of Quebec because we saw it as the team who could crown themselves to be the best in the province. We won that game 10-6 in another tight game that we came out on top.

Finally our battles with BCS. Although they weren't close, we both respected each other and improved. But mostly, it gave us a chance to play everyone. So everyone got in this year and played.

Overall, We Finished the year with 10 Wins, 1 loss and 1 tie. With 108 GF and only 39 GA. More importantly though, we grew the game and got the program running again. More players who had never played this sport played their first-ever lacrosse game this year. That was my goal and it succeeded. To all 26 of you who decided to play lacrosse, thank you for growing the game.

- Coach Winquist

Front: Lana Peasley, Noémie Cloutier, Sofia Martinez Ajzenman, Ximena Velasco Hernandez, Kayla Lee, Riho Sasamoto, Georgia Steenbakkers, Anika Curri, Kiho Okazawa, Zoe Charland, Nyakah Pierre
Back: Penelope Lavoie, Ms. S. Garrett (coach w Quinn), Anna LaMantia, Rosalie Bouchard, Hayley Wolfe, Annabelle Cormier, Mégane Pilon, Rosalie Tremblay, Alexa Gagné, Zoey Keefe, Maélie Pion, Madeline Lippmann, Ellie French, Silvia Chiang
Missing: Elisabeth Godbout, Sofia Paradis

A Spartan lacrosse player is not made for individual glory
2022 is just the beginning of our story

Practice started in early April with everyone "all in"
This team started getting ready to compete and win

An invested bunch of gals who play with passion and pride
Together they believe and have stood side by side

You learned the game in just a few short months
I couldn't be happier or more proud of this bunch

You will always be my sunshine and I'll cheer for you wherever you go
Come back and visit often, I hope I'll still be coaching barefoot in the snow

Fame and victories don't last but friendships and memories do
I love each and every one of you

- Coach Garrett

GIRLS LACROSSE

Front: Goh Konno, David Lyu, Maggie Sun, Amanda Gu, Thea Guan, Ondrej Marton, Yuhe Wang, Riley Xu, Cindy Zhao, Amy Hu, Tammy Osibanjo
Middle: Ben Smith, Justin Bouchard, Shawna Lyonnais, Avah St-Pierre, Léonie Sayeur, Joliane Tremblay, Presley Langevin, Agustin Palacios Roji, Borys Frenkel, Kate Emms, Luca Laliberté, Jakub Linet
Back: Mr. J. Delorme (coach), Béatrice Ruf, Jonathan McDonnell, Kevin Hu, Liam Wilson, Ellie Jang, Ethan Skara, Anderson Trider, James Bae, Len Richardi, Kieran Templeman, Dominic Pokora, Marcus Krats, Hector Gabriel Sepulveda, Ms. L. Kirby (coach)
Missing: Tyler Battah, Trofim Godochkin

SOFTBALL

Intramural softball is an excellent opportunity for students to be active, have fun and learn the game. Catching on to the intricate rules can lead to frustration, but once you fully understand the game, it is astounding. Many of you had never picked up a softball bat before this spring. We, your coaches, although sometimes annoyed, enjoyed seeing your growth, frustrations and triumphs. It is also a time to bond with your teammates. Of which, you did plenty.

For me, this year was a unique season. Out of my seven years of coaching softball, this year marks the first year we have had three teams. We had 38 players over 3 teams: the Expos, Royals, and Cardinals. Having three teams meant that one team had to play a double header each day! We played 40 min games, most of the time only completing three innings.

During the regular season, the teams played 12 games. In 3rd place, we have the Cardinals, with 3 wins and 7 losses. In 2nd place, we have the Royals, with 5 wins, 5 losses, and 2 ties. In 1st place, we have the Expos with 6 wins, 4 losses, and 2 ties. The standings were much closer than any of us expected. The standings came down to the very last regular season game.

In the playoffs, the Cardinals won their game against the Royals to make it to the finals to play the Expos. In the final, the Expos beat the Cardinals 6-4.

I would like to thank Mr. Delorme for helping me out this season. I would also like to thank our Captains, Anderson Trider, Joliane Tremblay, Dominic Pokora, Kate Emms, Justin Bouchard, and Benjamin Smith for helping with the equipment and trying to keep things running smoothly.

- Coach Kirby

Junior Boys Rugby: Sportsmanship: Gabriel Poitras; Junior S: Mason Béasse, Josuke Madura, Noah Grenier

Junior Girls Rugby: Junior S: Melissa Kakayuk, Arielle Houde; Sportsmanship: Miranda Angel Garcia; Junior S: Valerie Lin

Badminton: Senior S: Ryan Yung; Junior S: Jamie Arsenault; Sportsmanship: Julia Schunicht; Bantam S: Melanie Li

Girls Lacrosse: Senior S: Sofia Paradis; Sportsmanship: Madeline Lippmann; Senior S: Megan Pilon. Missing: Riho Sasamoto, Silvia Chiang, Anika Curri (Senior S)

SPRING ATHLETIC ASSEMBLY

MVPs

Shun Hatano, Donald Ross MVP Trophy for senior boys rugby; Iain Olsen, boys lacrosse MVP; Laura Bellini, Roger Marino Cup for senior girls rugby; Matteo Paradis, Alex Philip Shield for golf

Senior Girls Rugby: (back) Maya Leroux, Julia Rutenberg, Lydia Walsh (Senior S); (front) Gloria Riddell (Senior S); Katharina Berger (Sportsmanship); Camryn Moore (Senior S)

All-Camups League: Champions, West (captains Hayley Wolfe, Antoine Rémillard, Benoit Forget)

Senior Boys Rugby: Senior S: Logan Béasse, Max Pedicelli; Sportsmanship: Jack Lippmann
Missing: Jorge Correia (Senior S)

Tennis: Senior S: (rear) Caleb MacDonald, Vivian Dahms, Jan Haars, (front) Kevin Shi, Leo Shi, Siena Webster; Sportsmanship: Erika Roy

Tennis: Tennis Shield: Siena Webster, Antoine Rémillard

Track: Sportsmanship: Camille Richard
Missing: Senior S: William Dee

Boys Lacrosse: Lorenzo Bono (Senior S); Benoit Forget (Sportsmanship); Ian Nicholson (Senior S)

MAJOR S

Badminton: Alice Sauriol, Béatrice Perron-Roy

Tennis: Antoine Remillard

Boys Lacrosse: Iain Olsen.
Missing: Aksel Jalojarvi

Golf: Bantam S: Maddyn Labor; Junior S: Alexandra Hoch; Senior S: Cédric Beauregard; Sportsmanship: Will Tario; Junior S: William Towner

Golf: Matteo Paradis

Senior Boys Rugby: Chaz Grenier, Shun Hatano

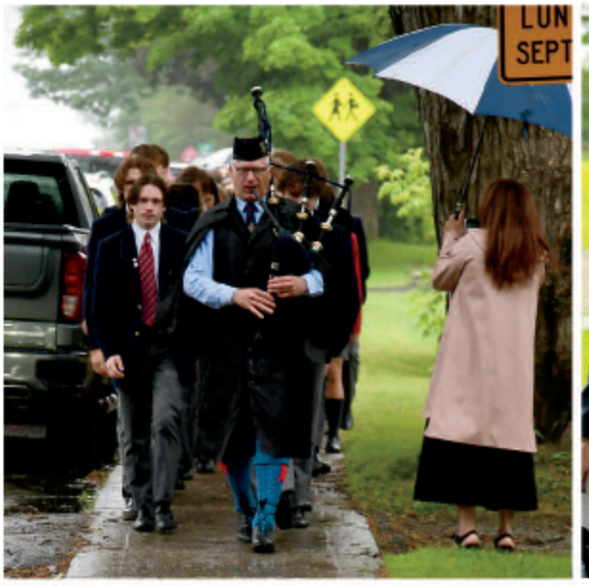
Senior Girls Rugby: Laura Bellini, Maria-Teresa Calva Xolalpa

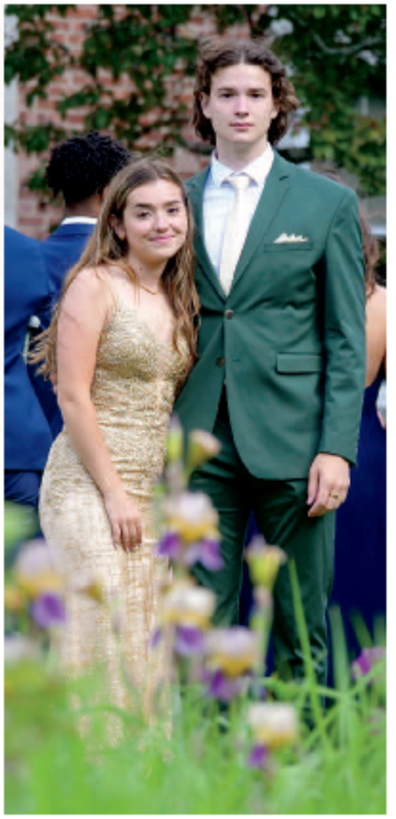
Softball: Season and playoff champs, Expos (Joliane Tremblay, captain); MVPs: Anderson Trider, Dominic Pokora; Sportsmanship: Ben Smith, Avah St-Pierre

Thank You, Parents

grad dance

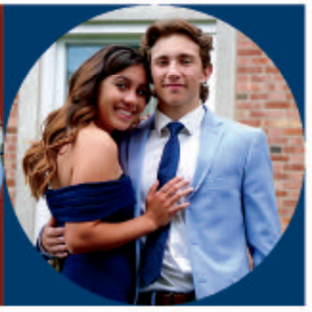
and Baccalaureate Service





grad dance

Hermitage Club, Magog, June 4



graduation reception and dinner

black sweater >

The Black Sweater is awarded to a Major S athletic award winner with the highest academic average of the term. This year, two sweaters were presented, both to **Laura Bellini**.

Graduating students received their alumni ties or pins from Baccalaureate guest speaker Andrew Lippi, Class of 2009.

baccalaureate service and prize-giving

< pitcher prize

The school's highest award, presented to the student who has exerted the greatest influence for good: co-head prefects **Sofia Paradis** & **Rosemary Lefebvre**

< wilder shield

Presented to the junior student with the most positive influence: **Iain Olsen**, presented by board chair Jonathan Cowen

< guest speaker

Andrew Lippi, Class of 2009

⌄ head's award

To an active and positive citizen in the Stanstead College community: **Jack Lippmann**, presented by Associate Head of School Joanne Carruthers

birks silver > medal

Highest overall average in Grade 12: **William Tario**

governor > general's medal

Highest overall average in Grade 11: **Lucy Wang**

athletic awards

Graham Chandler Sportsman of the Year Award to the athlete who best exemplifies the attributes of character, integrity and sportsmanship: **Camille Richard**

Sheila Ferguson Shield to the all-round junior girl athlete of the year: **Melissa Kakayuk**

S.F. Abbott Memorial Shield to the all-round junior boy athlete of the year: **Iain Olsen**

Shirley Wolter Trophy (all-round senior girl athlete) & Trueman-McFadyen Award (three-varsity graduating girl Major S'recipient with the highest overall academic average): **Laura Bellini**

Thomas Johnson Memorial Trophy (all-round senior boy athlete): **Jorge Correia**

(left) Bowman Hall Award (three-varsity graduating boy Major S recipient with the highest overall academic average): Aksel Jalojarvi

house awards >

Bugbee: **Santiago Bojalil Moheno**
Webster: **Maria Teresa Calva-Xolalpa**
Davis: **Justin Bouchard**
Cowen: **Rosemary Lefebvre**

< arts prizes

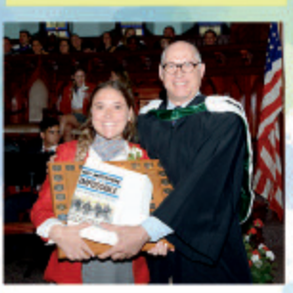
Donald McG. Hackett Prize for Creativity: **Reagan Lynch**
Thespian Shield for Acting: **Ellie French**
Director's Award in Theatre Arts: **Zachary Soifer**
Sean Kevin Ingutia Music Award (for contribution to music in the school): **Maria Teresa Calva-Xolalpa & Zander Johanssen**

^ billy huckins award

For dedication, hard work, achievement and, above all, courage: **Ian Nicholson**, presented by Mike Huckins

< faculty-staff award

Student most likely to benefit from returning and who exemplifies the qualities of health, wisdom and integrity: **Beatrice Perron-Roy**



gordon > usher-jones prize

Grade 12 student who has attended Stanstead for 1 year and made an exceptional contribution to all aspects of school life: **Gracie Gilkyson**

^ rotary service award

For service above self in the school community: **Julia Rutenberg**

SPECIAL PRIZES

Donald McG. Hackett Prize for Creativity **Reagan Lynch**
Thespian Shield for Acting **Ellie French**
Director's Award in Theatre Arts **Zachary Soifer**
Sean Kevin Ingutia Music Award (for contribution to music in the school) Maria Teresa **Calva-Xolalpa & Zander Johanssen**
Technology Prize **Zhujia (Johnny) Zhang**
Lee Audet Trophy for Senior Public Speaking **Elisabeth Godbout**
Kathleen Harper Junior Public Speaking Prize **Mia Barrios Alvarez**
Rotary Club Service Award (for service above self in the school community) **Julia Rutenberg**
Gordon Usher-Jones Memorial Prize (to the Grade 12 student who has attended Stanstead College for one year and who has made an exceptional contribution through involvement in all aspects of school life) **Gracie Gilkyson**
Everest Award (to a Grade 11 or 12 student who has overcome challenges and shown significant improvement) **Denis Vittenberg**
Billy Huckins Memorial Award (for dedication, hard work, achievement and, above all, courage) **Ian Nicholson**
Raymond Lester Memorial Award (to the student who has most benefited from being at the school) **Xinyu (Cynthia) Zhang**
Banting Award (to a returning local student for academic achievement) **Luke DeLaBruere**
Kenneth Reed Memorial Award (to a local junior student returning to school) **Rosalie Tremblay**
Leonard McGilton Memorial Award (to a local senior student returning to school) **Beatrice Perron-Roy**
Ralph V. Merry Award (to the top student entering a humanities program) **Meiqi (Maggie) Sun**
A.P. Gordon Prize for Science **Tongyao (Amanda) Gu**
Spofforth Trophy for Excellence in Science and Mathematics **Xiaoyi (Joel) Xu**
Arthur E. Curtis Jr. Award (to the top student entering an engineering program) **Tianzhen (Jason) Shao**
House Director's Award:
Bugbee House **Santiago Bojalil Moheno**
Webster House Maria **Teresa Calva-Xolalpa**
Davis House **Justin Bouchard**
Cowen House **Rosemary Lefebvre**
Graham Chandler Sportsman of the Year Award (to the athlete who best exemplifies the attributes of character, integrity and sportsmanship **Camille Richard**
Sheila Ferguson Shield (to the all-round junior girl athlete of the year) **Melissa Kakayuk**
S.F. Abbott Memorial Shield (to the all-round junior boy athlete of the year) **Iain Olsen**
Shirley Wolter Trophy (to the all-round senior girl athlete of the year) **Laura Bellini**
Thomas Johnson Memorial Trophy (to the all-round senior boy athlete of the year) **Jorge Correia**
Trueman-McFadyen Award (to the three-varsity graduating girl Major "S" recipient with the highest overall academic average) **Laura Bellini**
Bowman Hall Award (to the three-varsity graduating boy major "S" recipient with the highest overall academic average) **Aksel Jalojarvi**
Faculty-Staff Award (to a returning student who is deemed most likely to benefit from returning to Stanstead College and who exemplifies the qualities of health, wisdom and integrity) **Beatrice Perron-Roy**
Allan Family Friendship Cup (to a student who has shown exceptional friendship, camaraderie, kindness, and support to all members of the school community across age, gender, language, cultural, and other boundaries) **Sofia Paradis**
Grade 7 Academic Award (highest overall average in Grade 7) **Noah Grenier**
Grade 8 Academic Award (highest overall average in Grade 8) **Rosalie Tremblay**
Paul & Dorothy Duncan Award (highest overall average in Grade 9) **Luke DeLaBruere**
Birks Bronze Medal (highest overall average in Grade 10) **Sum Long Summer Wong**
Governor General's Medal (highest overall average in Grade 11) **Xinyue (Lucy) Wang**
Birks Silver Medal (highest overall average in Grade 12) **William Tario**
Head of School's Award (to an active and positive citizen in the Stanstead College community) **John (Jack) Lippmann**
Wilder Shield (to the junior student with the most positive influence) **Iain Olsen**
Pitcher Memorial Prize (the school's highest award, presented to the student who has exerted the greatest influence for good) **Rosemary Lefebvre & Sofia Paradis**

ACADEMIC PRIZES

Grade 7
Amaron Prize for French **Sara Martinez Ajzenman**
Art **Yutong (Melanie) Li**
English **Noah Grenier**
Geography **Sarah Leasure**
History **Noah Grenier**
Mathematics **Josuke Masuda**
Music **Sara Martinez Ajzenman**
Physical Education & Health **Noah Grenier**
Science & Technology **Sarah Leasure**
Sybil Galambos Prize for Français **Sarah Leasure**

Grade 8
Amaron Prize for French **Ana Gonzalez Gonzalez**
Art **Paula de la Rosa Gutierrez**
English **Joshua Lippmann**
Geography **Henry Riddell**
History **Henry Riddell**
Mathematics **Tao (Riley) Xu**
Music **Wenxi (Cindy) Zhao**
Physical Education & Health **Rosalie Tremblay**
Science & Technology **Rosalie Tremblay**
Sybil Galambos Prize for Français **Rosalie Tremblay**

Senior School Prize
John Wells—Improvement In French Second Language **Beatrice Ruf**

Junior School Prizes
Improvement in French Second Language **Reagan Lynch**

Grade 9
Amaron Prize for French **Sofia Martinez Ajzenman**
Art **Zifan (Xavier) Gan**
English **Anne (Annie) LaMantia**
Ethics & Religious Culture **Anne (Annie) LaMantia**
History **Luke DeLaBruere**
Mathematics **Anne (Annie) LaMantia**
Music **Luke DeLaBruere**
Physical Education & Health **Sofia Martinez Ajzenman**
Science **Luke DeLaBruere**
Sybil Galambos Prize for Français **Alexa Gagne**
Technology **Anne (Annie) LaMantia**

Grade 10
A Mackenzie Prize for English **Avah St-Pierre**
Amaron Prize for French **Julia Schunicht**
Art **Zofia Kaczynska**
Chemistry **Sum Long Summer Wong**
Drama **Braden Chastanet**
Ethics & Religious Culture **Yile (Tony) Ju**
Historical Society Prize **Dahui (Allen) Liu**
Mathematics **Sum Long Summer Wong**
Music **Sum Long Summer Wong**
Physics **Sum Long Summer Wong**
Science & Technology **Madelyn Pears**
Sybil Galambos Prize for Français **Joliane Tremblay**

Grade 11
A Mackenzie Prize for English **Kate Emms**
Amaron Prize for French **Jiyuan (Eric) Cui**
Art **Ana Paula Rojo Hamue**
Biology **Julia Rutenberg**
Chemistry **Xinyue (Lucy) Wang**
Contemporary World **Xingda (David) Lyu**
J Brian Clarke Economics Prize **Zachary Soifer**
J D Ferguson History Prize **Kate Emms**
Mathematics **Tongyao (Amanda) Gu**
Music Prize **Elodie Roy**
Physics **Justin Bouchard**
Sybil Galambos Prize for Français **Justin Bouchard**

Grade 12
AP French **Xinyue (Lucy) Wang**
Art **Victoria Fernandez Garcia**
Biology **Laura Bellini**
Chemistry **Xinyu (Cynthia) Zhang**
Comparative Politics **Ferdinand Burghart**
Economics **William Tario**
English **Xinyu (Cynthia) Zhang**
Human Geography **Gracie Gilkyson**
Mathematics **William Tario**
Philosophy **Sofia Paradis**
Physics **Xiaoyi (Joel) Xu**
Psychology **Laura Bellini**

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baccalaureate address
andrew lippi - class of '09

Good morning, everyone. I'd like to thank Head of School Mike Wolfe for inviting me to be here today on this special occasion. To the rock stars of the hour, and of course I mean the graduates sitting here today – congratulations! You all should feel so proud of where you are today, as it is a moment that you will never forget – I still think about the feeling that I had on this day 13 years ago. I was so excited for my next steps, but sad to leave my 'home' – Stanstead College. Another big shout out and congratulations go to your families. You all have played a big part behind the scenes, and this is such a special day for you all as well. You must feel incredibly proud. Lastly, congratulations to the teachers and staff. As an alum of Stanstead, I know how dedicated you are around the clock and no one can possibly be more excited for the break to begin. I also want to give another shoutout and congratulations to the Canadian Women's U18 Hockey Team for beating Team USA for the gold. I heard about a goal and some assists between a few students here today. Let's give them a big round of applause.

The question that kept running through my mind as I was working on writing my challenge for you all today was where can I make the most impact as you approach your next steps. You have a whole lifetime full of exciting and important milestones and lessons ahead. My goal today is to try and impact the steps that you are going to take directly after you leave your home, Stanstead College. From my personal experience, when leaving Stanstead, the most helpful part of that journey was finding a mentor. A mentor is someone who shares their experiences about their own career path, as well as provides guidance, motivation, and at times emotional support.

Families and Stanstead teachers and staff included, can I see a show of hands of who here today has had a mentor that has had an important impact on either your career or personal lives?

What about just the graduates, who has a mentor in this room?

So here's the deal. Life can be great and it can also be really really hard. Even though I know that you all can do anything that you set your minds to on your own (and I mean that), I want you to understand that you don't need to face all of your challenges alone.

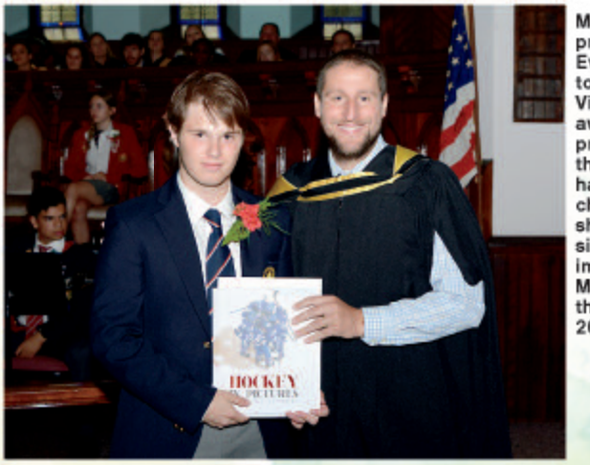
Let me share a short story with you.

One day a father and son were walking through the forest. There was a big log laying right across the trail. The son looked at his father with determination and pride and said "Dad, do you think that I can move this log"? His father looks at his son and then looks at the log and says, "I think you can, but only if you use all your strength." The son began to push the log as hard as he possibly could letting out all kinds of groans, but the log just wouldn't budge. The son looked at his father with embarrassment and starting pushing the log again as hard as he possibly could, groaning and moaning just like before. He looked up at his father and his father said "go on, use all your strength". His son was now lying on the ground trying to push the log using the strength of his legs. The father continued to tell his son "use all your strength". At this point in time, the son was getting impatient. He just couldn't believe that he was not able to use his strength and move the log. So then the son looks at his father discouraged and says to his father, "Dad, I thought you said I could move this log." The father says, "you can but you didn't use all your strength because you never asked for my help." His son looked back with a grin on his face and they both resumed to push the log off of the trail together.

The point here being is that you are not alone in these next steps. As you all prepare for your journey after Stanstead – your friends, family, and mentors are all here for you – we are your strength. So, my challenge for you today is for each of you to find a mentor to support your next steps after Stanstead. This individual may already be someone that you know – they might be in this very room. In fact, knowing how special the dedicated teachers and staff are at Stanstead College they likely are.

There's one more story that I want to share with you. It's actually that of my own and I'm going to share here how a mentor from Stanstead impacted my journey. I joined Stanstead College at the tail end of Grade 9, hailing all the way down south from sunny Key West, FL. The weather alone was a big learning curve for me. I still remember that I was so excited to join Stanstead that I had, in fact, printed my admissions letter from Joanne Carruthers and hung it at my desk. My friends of course quickly picked on me because of that.... P.S. I still have that somewhere, Joanne.

I'll never forget how welcoming everyone was at Stanstead. As soon as you enter campus, you can feel that it is one big family. And, of course, families know everything about one another... My first few years at



Mr. Lippi presents the Everest Award to Denis Vittenberg. The award is presented to the student who has overcome challenges and shown significant improvement. Mr. Lippi won the award in 2009.

Stanstead I was very engaged on campus, immediately joining three varsity sports, and practically living in the basketball gym, but I definitely got in my fair share of trouble and there were always eyes on you so it was hard to get away with almost anything here...

Mostly harmless things like pranks, but I can still remember the terrible feeling that I had every time I was called to Head of School Mike Wolfe's office. Basically, feeling nauseous and that feeling of "Well, you did it again..." Every time that I walked into that office, I feared that it was going to be my last day at Stanstead, but it never was. You see, Mike believed in me and after him giving me a handful of chances – I realize now that it was because of that that I started to believe in myself. He was the person who inspired me to become a school administrator and by being who he was helped me realize who I am and who I wanted to be when I grew up – thank you for this, Mike!

I am now the co-founder and COO of Watson Institute, a new university model for social entrepreneurs with a handful of locations around the world. Fortunately, I'm able to work with students on a daily basis and provide the same support to them that Mike has done for me over all of these years. It is my way of paying it forward. Just like Mike still does for me, I am on calls with our Alumni on a regular basis supporting them in their careers however I can. Every few weeks, I get to play basketball with my current students, just like Mr. Van Dyke and Mr. Rioux did with me. I play soccer with them, just like the prefect versus teachers and staff games, except at Watson Institute it's a little different because the staff actually win the games. Regardless of who wins, I've worked hard to build a culture at Watson Institute similar to Stanstead College, where everyone feels like it is a family, and in fact it is.

When leaving Stanstead and entering university, I made a mental decision that I needed to buckle down and focus – no more shenanigans. Fortunately, I received a lot of support throughout my time at Lynn University, but had thought at the time going into it that I was not going to have my Stanstead College family around me to help. I mean Lynn University is a little over 1,600 miles away! Little did I know that that wasn't the case. Mike, Amy, Dugie and others in this room actually visited me at Lynn University down in Boca Raton, FL. And it couldn't have been a coincidence that Lynn is just three miles to the beach!

Honestly, I can tell you all these years later that Mike was there standing next to my family at my university graduation where I was selected as the valedictorian speaker, he stood by my side in the aisle as a groomsman at my wedding in Key West, FL, and now he, Dugie, and my current boss hold regular calls together to help me in my career and to share best practices around fundraising in our jobs – that is the power of a mentor....

This leads me all the way back to the beginning. Graduates, as you walk out these doors today, I challenge all of you to find a mentor in your next steps to guide you on your path forward. Sorry, Mike, Joanne, Coach Spirk, Coach G and others if all 66 of them show up at your door this afternoon, although I know you'd let them in anyway, which is why I told this story. And you can thank me later for all of the future wedding invitations that you will receive.

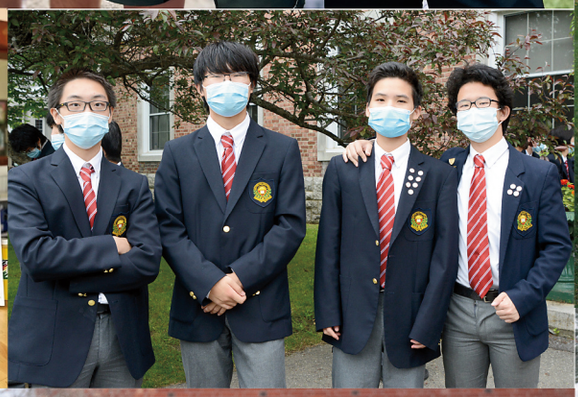
Grads, I know how much Stanstead College feels like home to you. For the past years, you've eaten your favorite meals here, been on sports teams with all of your best friends, slept (and overslept) in the dorms, and learned valuable lessons that will last a lifetime. The good news is that it is okay, Stanstead College will always be your home just as it is for me all these years later. You never have to truly say bye to it because everyone is still here from when I left. I have this funny and weird feeling that my children will have the same teachers and coaches that I did from my time at Stanstead when they are students!

Congratulations to the Class of 2022 – it is your time. If you feel nervous, don't be. Remember that the rest of the world doesn't know that you are. From hearing a lot of your stories over the past few days, I am confident that you are much further ahead than I was at this time and you are going to go on to do great great things. Cheers to you all playing BIG as you walk out these doors today and thank you and congratulations to you and your families!

CALVIN KLEIN JEANS

STANSTEAD

E.T.I.A.C.
SENIOR GIRLS SOCCER 2021
CHAMPIONS



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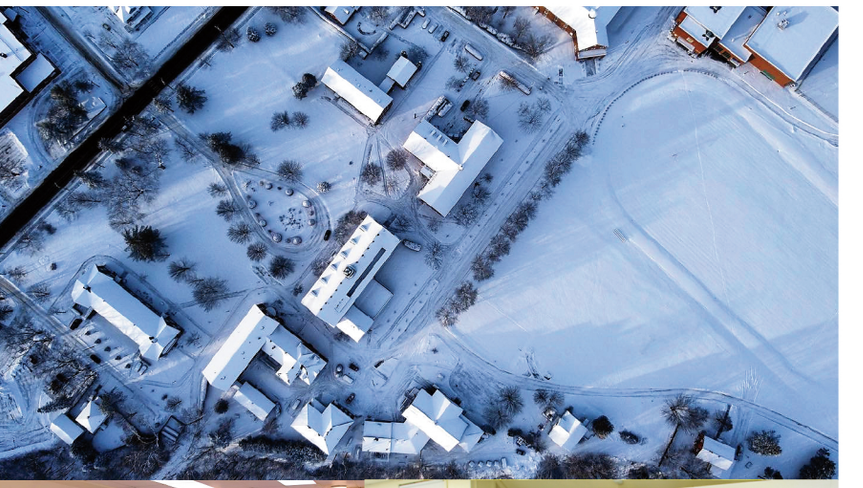

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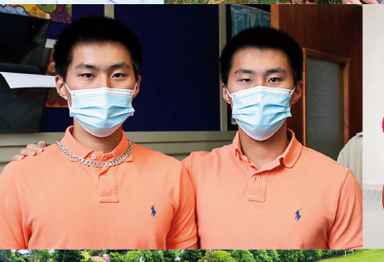

DAVIS HOUSE

Saif Alexander-Pardhan • Miranda Angel Garcia • Eli Antoine • Jamie Arsenault • Alexia Aubin • Patricio Ayala Medina • Junyoung (James) Bae • Saskia Bahr • Bo Bailey • Mia Barrios Alvarez • Tyler Battah • Logan Béasse • Mason Béasse • Cédric Beauregard • Laura Bellini • Katharina Berger • Santiago Bojalil Moheno • Ariela Boltvinik Palacios Roji • Lorenzo Bono • Justin Bouchard • Rosalie Bouchard • Stéphanie Bourque • Krystine Breton • Zev Brown • Ferdinand Burghart • Jules Butler • Maria Teresa Calva-Xolalpa • Bruce Campbell Gutierrez • Liam Carroll • Wai Chung (Rachel) Chan • Yu Shan (Gordon) Chan • Valentina Chapoy Olavarrieta • Zoe Charland • Braden Chastanet • Yi-Ting (Silvia) Chiang • Noah Cloutier • Noémie Cloutier • Annabelle Cormier • Jorge Correia • Isabela Covelo Sant'Anna • Jiyuan (Eric) Cui • Anika Curri • Keira Curtis • Vivian Dahms • Paula De la Rosa Gutierrez • Neva DeBlois • William Dee • Luke DeLaBruere • Eliott Desautels • Shicheng (David) Dong • Daphney Dozois • Sandro Dupraz • Ariadna Duran Bernal • Mia Eichholzer • Kate Emms • Victoria Fernandez Garcia • Benoit Forget • Félix Fortier • Ellie French • Borys Frenkel • Alexa Gagné • Zifan (Xavier) Gan • Nathan Garnier • Jordan Gilbertson • Gracie Gilkyson • Elisabeth Godbout • Trofim Godochkin • Ana Gonzalez Gonzalez • Charles Goudreau • Tristan Grandsire • Anais Grappe • Chaz Grenier • Noah Grenier • Tongyao (Amanda) Gu • Xinyang (Howard) Gu • Jingyu (Thea) Guan • Elle Guntner • Alejandro Gutierrez Lomeli • Jan Haars • Rihito Hamano • Shun Hatano • Maria Hatzidakis • Florence Henrichon-Goulet • Alexandra Hoch • Arielle Houde • Taohong (Kevin) Hu • Yunqi (Amy) Hu • David Wei Huang • Liam Huckins • Emilia Humara Morelos Zaragoza • Jose Humara Morelos Zaragoza • Denzel Ibariza • Emiliano Ibarra Giovanini • Aksel Jalojarvi • Yeeun (Ellie) Jang • Yuxuan (Albert) Jiang • Zander Johansson • Ryan Johnson • Yile (Tony) Ju • Lysa Kabirigi • Zofia Kaczynska • Marlene Kaiser • Melissa Kakayuk • Zoey Keefe • Amelia Kennedy • Halle Khanna • Dora Kleinekampmann • Gerda Kleinekampmann • Goh Konno • Marcus Krats • Emma Kreisz • Maddyn Labor • Moritz Lackner • Luca Laliberté • Pak Lai (Maxton) Lam • Annie LaMantia • Presley Langevin • William-Antoine Laplante • Adam Larsson • Penelope Lavoie • Sarah Leasure • Arianne Leblanc • Thomas LeBlanc • Benjamin Leclerc • Christopher Leclerc • Bokyeong (Kayla) Lee • Rosemary Lefebvre • Kelly-Anne Leith • Jeremy Leroux • Maya Leroux • Yutong (Melanie) Li • Zheyuan (Leo) Li • Huixin (Crystal) Lin • Stanley Lin • Valerie Lin • Jakub Linet • Jack Lippmann • Joshua Lippmann • Madeline Lippmann • Dahui (Allen) Liu • Zhiyou (Joe) Liu • Mauricio Lopez Sanchez • Reagan Lynch • Shawna Lyonnais • Xingda (David) Lyu • Caleb MacDonald • Emma MacIntyre • Zackary Maheu • Gabriel Maitre • Roger Roger Marcoux • Sara Martinez Ajzenman • Sofia Martinez Ajzenman • Ondrej Marton • Josuke Masuda • Jonathan McDonnell • Xiang Rui (Kevin) Meng • Elmeri Mikkola • Shannelle Moar • Camryn Moore • Luis Moran Ruiz • Ren Nakamura • Ian Nicholson • Chaka-Benjamin Ntumba-Muntu • Tomas Nyberg • Kiho Okazawa • Victoria Oliver • Iain Olsen • Oluwatamilore (Tammy) Osibanjo • Darlene Ouimette • Jose Palacio Echenique • Agustin Palacios Roji • Noah Papillon • Matteo Paradis • Sofia Paradis • Lisa Patenaude • Madelyn Pears • Lana-Michelle Peasley • Maximiliano Pedicelli • Béatrice Perron-Roy • Jaxon Pierce • Nyakah Pierre • Mégane Pilon • Hayden Pimm • Maelie Pion • Gabriel Poitras • Dominic Pokora • Karel Préfontaine • Antoine Rémillard • Camille Richard • Leonardo (Len) Richardi • Gloria Riddell • Henry Riddell • Joseph Riddell • Jane Rodi • Mayka Rodriguez Vasquez • Ana Rojo Hamue • Elodie Roy • Erika Roy • Béatrice Ruf • Joseph Ruf • Simone Ruf • Julia Rutenberg • Riho Sasamoto • Alice Sauriol • Jérôme Sayeur • Léonie Sayeur • Luisa Schaumann • Julia Schunicht • Wills Seagrave • Hector Sepulveda • Tianzhen (Jason) Shao • Haokang (Buddy) Shen • Yuchen (Leo) Shi • Yuzhe (Kevin) Shi • Samantha Simpkins • Ethan Skara • Benjamin Smith • Quinn Smits • Zachary Soifer • Liam Steele • Georgia Steenbakkers • Emilia Stone • Avah St-Pierre • Jose Emilio Suarez Aguiar • Liam Sumun • Meiqi (Maggie) Sun • Alina Szemioth • Gonzalo Tapia Cardenas • William Tario • Raphael Tellier • Kieran Templeman • Yoan Torello • William Towner • Jack Treacy • Joliane Tremblay • Maxim Tremblay • Rosalie Tremblay • Anderson Trider • Ximena Velasco Hernandez • Juho Virtanen • Denis Vittenberg • Svenja Voigt • Delaney Walsh • Lydia Walsh • Linyu (Lam) Wang • Xinyue (Lucy) Wang • Yuhe Wang • Siena Webster • Liam Wilson • Hayley Wolfe • Sum Long (Summer) Wong • Deanna Wright • Junyi (Victor) Wu • Jiaxuan (Jackie) Xu • Tao (Riley) Xu • Xiaoyi (Joel) Xu • Rylee Yip • Elijah Young • Wang Hei (Ryan) Yung • Enrui (Eric) Zhang • Shanmei (Katie) Zhang • Xinyu (Cynthia) Zhang • Yucheng (Austin) Zhang • Zhujia (Johnny) Zhang • Wenxi (Cindy) Zhao